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# The LUMBERJACK

Vol. 1, No. 1, 1996

botanical remedies

massage

acupuncture

alternative medication

herbal remedies

homeopathy

the healing begins  
on page 19

inside ... inside ... inside ... inside ... inside ... inside

page 3

the retrofitting of  
the MTC is becoming  
one big nightmare  
for residence hall  
residents

page 11

arcata city council  
threatens to cut 26  
programs if utility  
tax doesn't pass in  
november election



# W

ROB  
WADE  
JUDGE  
NORTHERN HUMBOLDT MUNICIPAL COURT

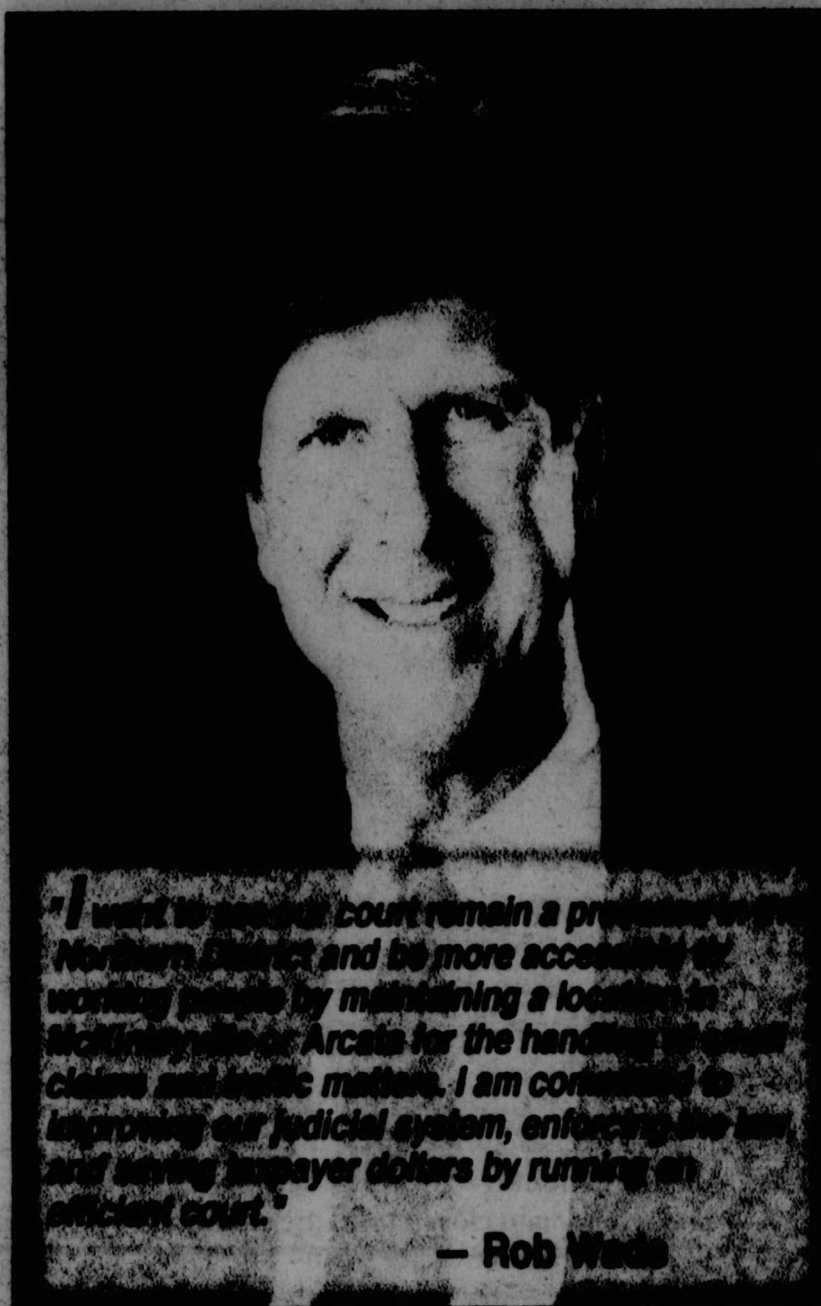
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— Rob Wade

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—Frank Jager, D.A. Investigator and Eureka City Councilman

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10:00 - The Convictions & Friends

DONATIONS ACCEPTED  
REFRESHMENTS  
FREE WILL CONTRIBUTIONS

CAMPUS .....	3
Retrofitting the 'J' is becoming one big pain in the 'A' .....	3
One little card, one big headache .....	6
UPD Clips .....	7
COMMUNITY .....	11
ACAT among programs which could be cut by city of Arcata .....	11
Pacific Lumber begins salvage logging in Headwaters forest .....	13
Community Clips .....	13
SPECIAL ASSIGNMENTS .....	19
Introducing new alternatives to Western medicine .....	19
Needling your way to good health with acupuncture .....	20
Massage rubs out all the bad health factors .....	21
THE SCENE .....	23
Dub Nation sounds like a master copy .....	23
Fire up the VCR! Time to rent some more videos .....	24
Straight out of Senegal! Cesaria Evora treks to HSU .....	26
SPORTS .....	29
Crossing the street with Coach Whitmire's mother .....	29
More potato Chips from Matt Krupnick .....	31
Inside the NFL! Lumberjack editors predict weekend scores .....	34
EDITORIAL/OPINION .....	35
Editorial .....	35
Letters to the editor .....	35
Editor at large .....	36
THIS WEEK .....	39

## CORRECTIONS

In the Oct. 2 issue of The Lumberjack, Don Simas was incorrectly identified as Jeannie Simas' husband. They are no longer married. It was also incorrectly reported that proceeds from the Arcata Bowl trust fund would go to Matt Simas' medical expenses. The Lumberjack regrets the errors.

EDITOR IN CHIEF Jackson Garland  
MANAGING EDITOR Lasse Cable  
CAMPUS John Consensus  
COMMUNITY Mark Winner  
SPECIAL ASSIGNMENTS Christina Begley  
SCIENCE Jonathan Jemel  
THE SCENE Stacy Ford  
SPORTS Matt Krupnick  
OPINION Lee Kamm  
COPY DESK Marilyn Kroemer, Alan Woodie  
CHIEF PHOTOGRAPHER Todd Wucetich  
PHOTO EDITOR Heather Parker  
GRAPHICS Pete Chanard  
THIS WEEK Alan Workman  
ON-LINE Alan Michaels  
PRODUCTION MANAGER David Perry  
LUMBERJACK STAFF Kelly Cook, David Courland, Ryan Cummins, Gustavo Higuera, Matthew Iselson, Hardy Johnson, Melissa Johnson, Rick Latham, Tiffany Lee-Youngren, Melissa Lubin, Florisel Marzan, Shannon Mortensen, Michael Platt, Erica Reilly, Peter Sciocco, Keith Sheffield, Hoge Spilling, Erika Stalder, Christine Truesdale, Ayoko Walker, Laura Walsh, Kelly Wentz, Daniel Widmar  
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ADVISER Howard Seemann

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Newsroom  
(707) 834-3289  
Advertising department  
(707) 834-8721  
FAX number  
thelack@humboldt.edu  
e-mail address  
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## Waking to the sound of jackhammers

# Students deal with JGC retrofit

By Eric Bailey  
LUMBERJACK STAFF

The retrofitting and renovation of the Jolly Giant Commons has caused great inconvenience for staff and residence hall students.

In the beginning stages of the first phase, a moat is being dug around the perimeter of the building. The moat will be filled with concrete and attached to support beams of the JGC. Housing Director Rees Hughes said the support system "would ensure that the entire building would move as a unit," decreasing the possibility of structural damage.

The construction of the trench has caused more inconvenience than any of the other construction.

"It is really terrible during the week,"

Cypress Hall sophomore Heather Messamer said. "I have to wake up to the sound of them jackhammering. I feel constantly surrounded by (the noise.) I can't even get a quiet meal."

The construction has caused the closing of the bottom floor of the JGC, which formerly housed the information desk and recreation center. The large-screen television, video games, ping pong and pool tables have all been relocated to the west side of the second floor.

The Giant's Cupboard, a convenient store type facility, has been temporarily relocated inside the "J" residence hall cafeteria, leaving less room for dining.

"It feels a little more crowded at times," Cypress Hall sophomore Amanda Lunz said. "I don't know if it's because there's more students or because the Cupboard is taking up so much room."

Some students are finding that the change has made life easier.

"It's better now that the Cupboard is on the third floor," Sunset Hall freshman Michelle Cartier said. "It's

easier for (people living in Redwood and Sunset) because we don't have to go all the way down (to the first floor)."

The saunas and weight room were unable to be moved from the first floor and will remain closed until the end of

January.

"It really sucks," Cypress Hall resident Sarah Bacon said. "After my three Residence Hall Association meetings on Wednesday night, I can't go down and relax in the saunas."

Along with the construction of the moat, the hillside south of the building is undergoing preparations for the installation of an elevator, which will allow disabled access from the main campus to the third floor of the JGC.

"This building has one freight elevator that has been used by people with mobility impairments over the years and is really not up to code for passengers," Hughes said.

In order for construction of the elevator to take place on the south side of

See JGC renovation, page 8

"It really sucks."

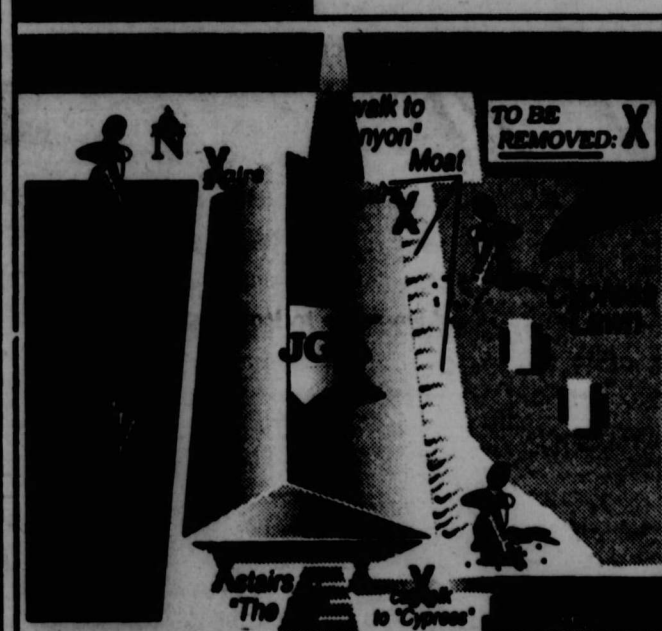
SARAH BACON  
Cypress Hall freshman

## JOLLY GIANT COMMONS RETROFIT PROJECT

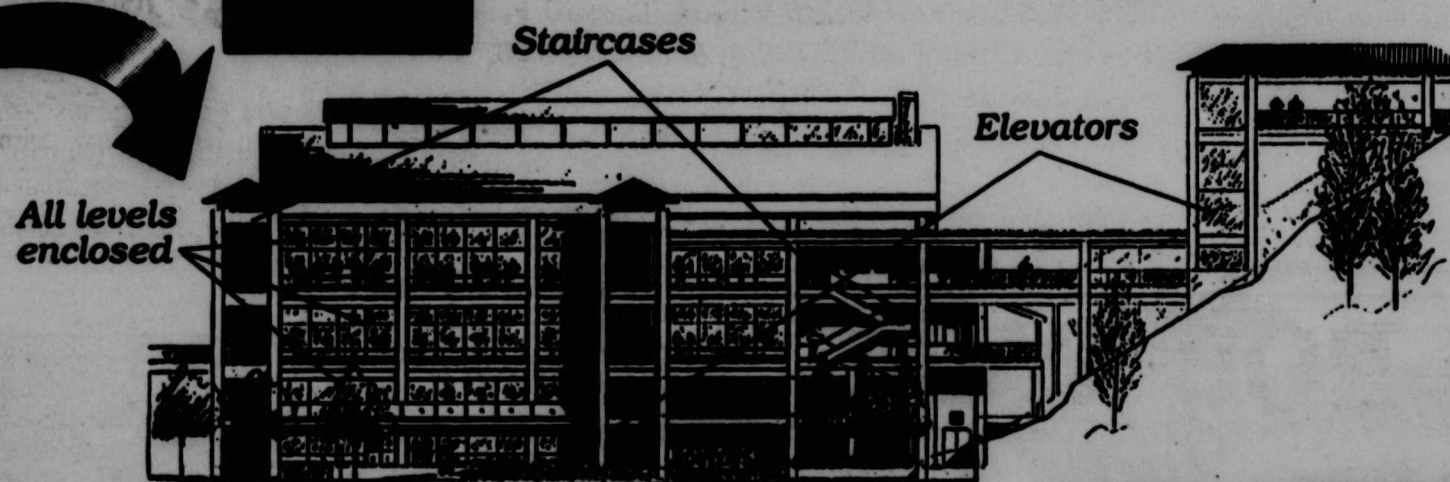
• Total construction cost: \$6.123 million - \$4 million from loans, \$2 million from fund collected over 28 years.

• Completion date: July 31, 1997 • More info: JGC Housing Services - 826 3541

• Project facts: Seismic strengthening of JGC and canyon walkways, improved disabled access (passenger elevators and upgraded restroom facilities on the 1st and 2nd levels), remodeling of the 3rd floor dining facility, addition of deck between Cypress and the 2nd level of the JGC, new meeting rooms on the Mezzanine level, signs added, expanded Giants Cupboard and 1st level information desk.



SOURCE: JGC HOUSING AND OTHER SERVICES



PETE CHENARD/ GRAPHICS EDITOR

# CRP to eliminate off-campus recycling

By Peter Schlosser  
LUMBERJACK STAFF

Due to the impending termination of a permit with the city of Arcata and a contract with the state of California, the Campus Recycling Program will discontinue servicing all but one of its off-campus sites.

"We would be in legal conflict if we continue to pick up at buildings that aren't owned by HSU after October 15," said Allison Busch-Lovejoy, CRP's intermediate office manager and co-director of its educational program.

"It was a tough decision and I'm sad we had to do this," she said. "We gave notices to all of the off-

campus sites."

The only off-campus site to be served by CRP is the Arcata Community Pool, which is owned and operated by HSU's Ccenter Activities.

"There's a possibility that the Arcata Recycling Center, Independent Recycler or the city of Arcata might start up some program, but large grants would be needed," Busch-Lovejoy said.

However, the prospect of this looks bleak, especially since Eureka severely cut back on their recycling operations as of last Tuesday.

The Eureka Recycling Center, where CRP used to take its recyclable metals and plastics, is no

longer accepting such items. CRP now uses Humboldt Sanitation in McKinleyville.

Several tenants were dismayed by the impending termination of recycling services at the Humboldt Green apartments, an off-campus site that is regularly serviced by CRP.

"I don't have a car to bring my recyclables to the Arcata Recycling Center," said HSU wildlife sophomore Sarah Garber. "I'm not about to walk that far."

"Someone else should do it if the school can't," she said. "It's important in reducing landfill waste."

"I'll try to recycle if there's some other alternative," said Ori

Nachslon, a business junior. "I think the Arcata Recycling Center should start something up. There's going to be a hell of a lot of wasted materials if some other program doesn't step in soon."

Barbra Westfall, a liberal studies multiple studies junior, said she will continue to recycle by making the trip to the Arcata Recycling Center despite CRP pulling out of Humboldt Green.

"Too many materials get wasted," Westfall said. "Also, the money I get from recycling is somewhat of an incentive."

She agreed with Nachslon that the city of Arcata should "hook something up."

Despite the fate of its off-campus

operations, CRP has been able to expand its campus-wide operations.

"We have increased the total volume of all items we collect, especially mixed paper," Busch-Lovejoy said. "I think it's because more people have become aware of our service."

In addition to this, CRP recently bought more recycling containers and adopted "satellite buildings." These buildings are places that have been designated to call CRP when various forms of recyclable papers need to be picked up.

CRP, which holds meetings on the second and last Monday of every month, needs work study students and volunteers.

## News Briefs

■ Former religious studies lecturer H. "Bud" Tillinghast has filed a complaint with a U.S. District Court against Humboldt State University, the California State University and the state of California. The complaint charges Tillinghast's religious freedom was violated when he was fired for not signing the California Loyalty Oath, which is required of all state employees. A preliminary hearing will be on Oct. 10.

■ Twenty two individuals participated in the "48-hour Fast to Free Burma." Spending two nights sleeping in the University Center quad, members of the Free Burma Coalition are fasting to raise awareness of the political injustice in what is now known as Myanmar. The fast ended at noon today.

For more complete coverage, see the Oct. 16 Lumberjack.



## BUDGET RECOMMENDATIONS 1996-97\* Partial List

Program	95-97 Budget	96-97 Request	96-97 Received
Academic Development.....	\$500	\$500	\$500
Activities Coordinating Board...	3,000	3,000	3,000
A.S. General Operations.....	89,095	88,980	88,980
A.S. Insurance.....	12,735	13,825	13,825
Adult Re-entry Services.....	4,406	6,106	5,006
Arts and Music Festival.....	1,000	1,500	1,500
Associated Students Govt.....	22,959	25,238	24,449
Campus Recycling Program.....	8,246	8,386	8,386
CenterArts.....	19,000	19,000	19,000
Marching Lumberjacks.....	2,550	2,550	2,550
Multicultural Center.....	17,706	19,309	16,605
Women's Center.....	7,778	10,156	8,530
Unallocated	9,338	0	9,796
Reserves	3,196	3,290	3,290
<b>Total</b>	<b>319,600</b>	<b>327,602</b>	<b>329,000</b>
<small>(of complete list)</small>			
<b>Revenue: 7,000 students @ \$47 (A.S. fee) = \$329,000</b>			

SOURCE: ASSOCIATED STUDENTS BUDGET DRAFT

PETE CHIVARD GRAPHICS EDITOR

## 'What the hell is Associated Students?' student inquires

By Alan Workman

THIS WEEK EDITOR

Many students on campus don't know, or don't care what Associated Students is.

Yet, all students pay \$47 a year to A.S. when they pay registration fees.

Brian Boling, a sophomore in cellular and molecular biology, knows where the A.S. office is, but that's about it.

"A.S.? what the hell is A.S.?" he said.

He said he doesn't belong to any particular group on campus and he wonders how the A.S. affects him.

John Stapp, graduate student in sociology, said he's had some bad experiences in the past with A.S. He considers it to be just another bureaucracy on campus.

"I don't think they use their money

wisely," Stapp said. "Where's it going?"

Freida Ravasco, A.S. administrative vice president, sits on the Board of Finance for A.S.

She thinks part of the problem with disgruntled students is that they associate A.S. with their student body government in high school.

She said most students don't realize the amount of money the A.S. allocates to campus groups and the responsibility involved in the process.

Ravasco said she welcomes the challenge of people coming into the A.S. office and questioning the purpose of the A.S. She sees it as a chance to open up dialogue with the students.

"You can talk the talk, but can you walk the walk?" she said.

## Q & A with Freida Ravasco

A.S. Administrative Vice President



Freida Ravasco

**Q:** How much money does the Associated Students have in its 1996-97 budget?

**A:** Right now we have \$329,000 in the budget, but the final amount will be slightly higher because of an increase in enrollment.

**Q:** What is the amount received from each student and is it mandatory?

**A:** A.S. receives \$47 a year, \$23 from the fall enrollment and \$24 from the spring. The budget was figured on 7,000 students enrolled at \$47 each. Yes, the fees are mandatory.

**Q:** Who decides who gets funded by the A.S.?

**A:** The Board of Finance of the A.S. makes the recommendations to the A.S. council, which votes on the final approval.

**Q:** When the budget was reviewed, comments and concerns were expressed by the Board because the Cultural Education funds (Multicultural Center) tend to be allocated quickly and are used by students groups outside the MCC. Why was that a concern?

**A:** We just felt that formal request forms needed to be used by them for money allocated by them.

**Q:** If a campus group raises funds in excess of their budget, do they keep the profit?

**A:** The A.S. and the groups it funds are

non-profit and any excess money goes into the groups' own trust funds. The money can be used for unexpected maintenance or repair costs, or as the Campus Recycling Program (CRP) is doing. They're replacing the steel barrels used for recycling with plastic barrels from the money of their trust fund.

**Q:** Who keeps track of the finances funded by the A.S. given to the organizations?

**A:** Within each group there is a budget coordinator who is responsible for the funds received by the A.S.

**Q:** As a student not involved with campus clubs or organizations, what benefits do I get from the fees I pay that supports the A.S.?

**A:** The A.S. funds several things on campus that benefits students not involved with campus organizations. The discounts students receive from CenterArts tickets are subsidized from A.S. The recycling done on campus is funded through CRP from A.S.

- Compiled by Alan Workman

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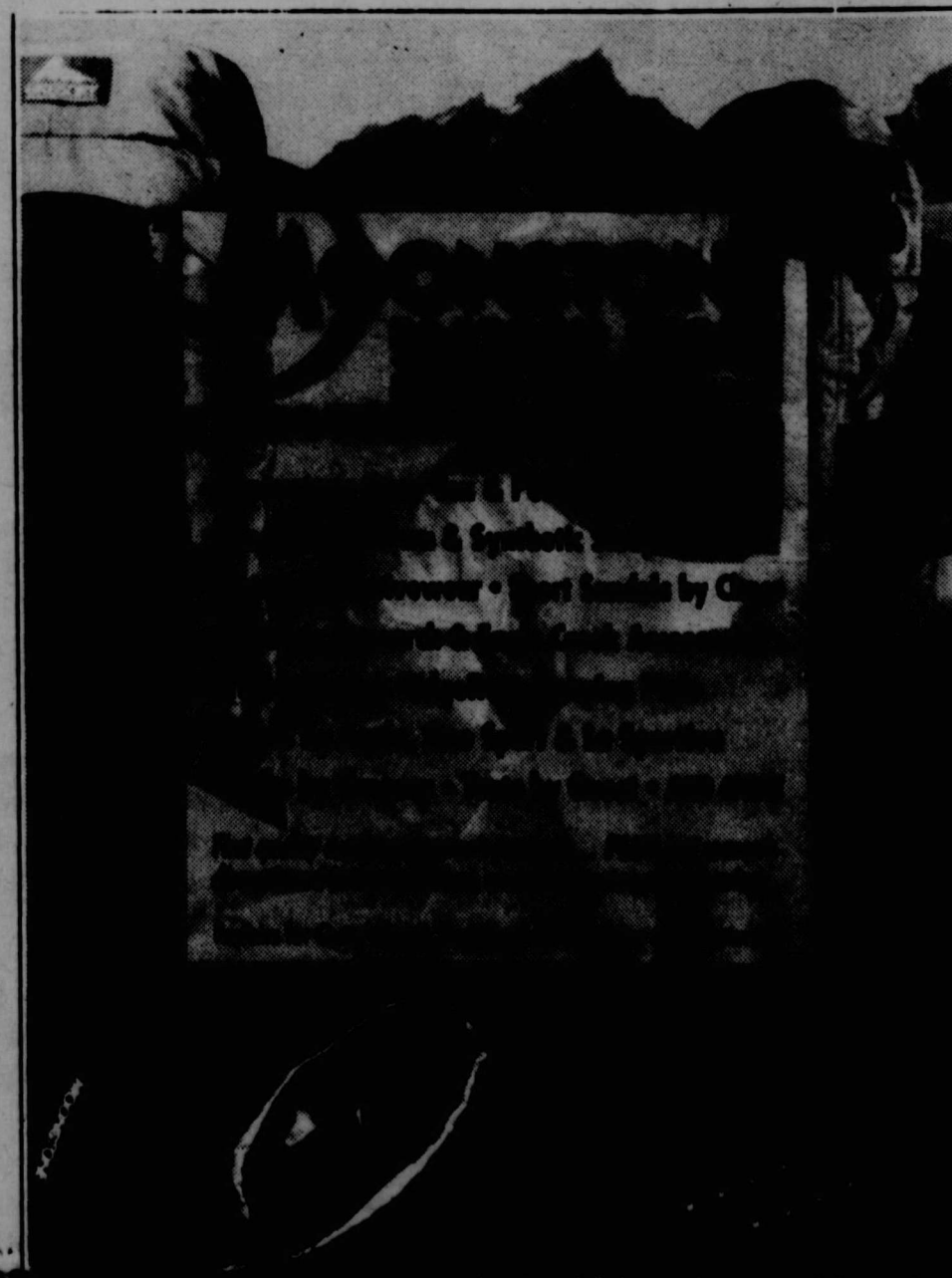
Hash Browns with sautéed Ham, Mushrooms, Onions & topped with cheese. Also, 2 Eggs & Toast

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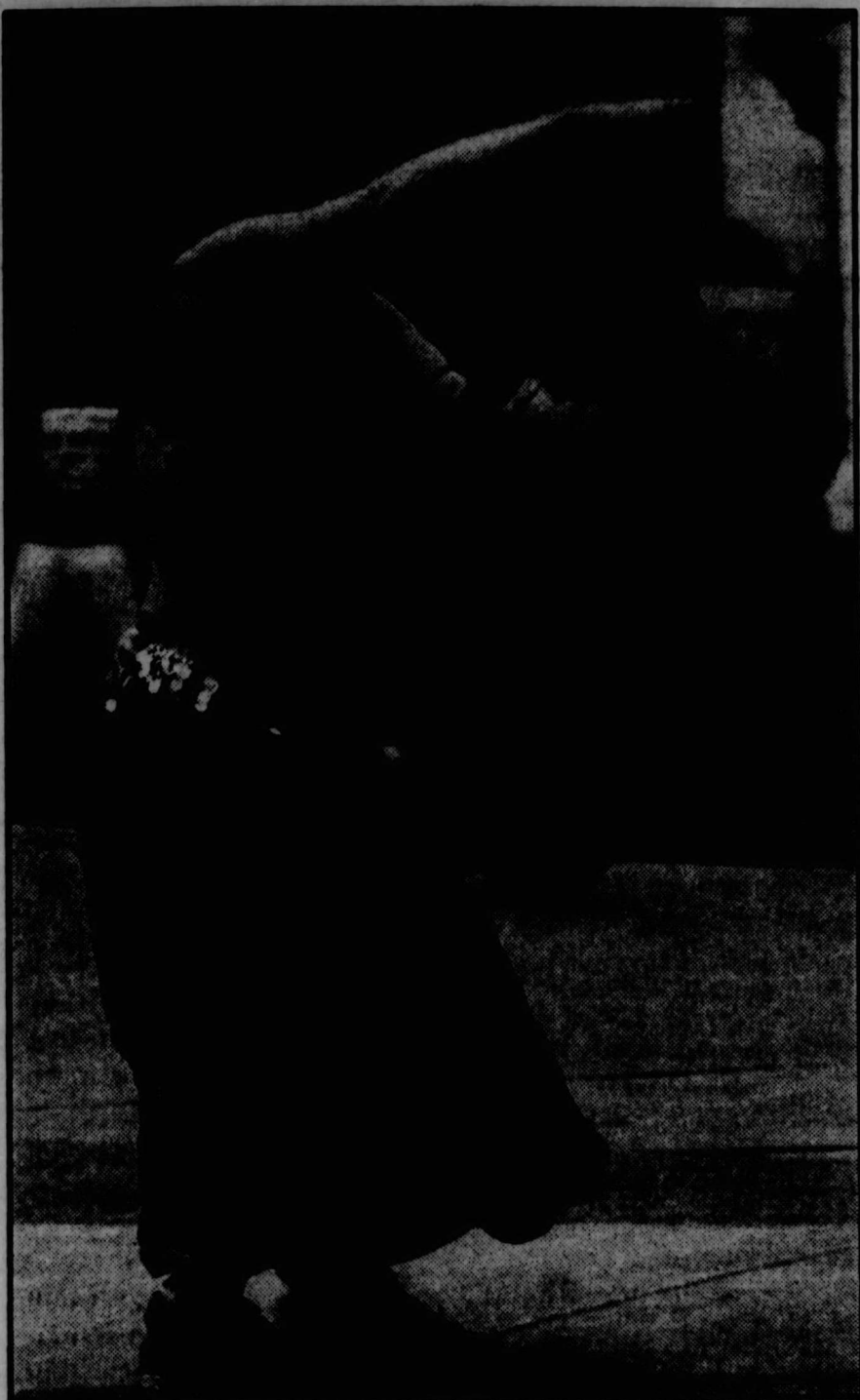
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MELISSA LUBIN/LUMBERJACK STAFF

## A belly lass

Belly dancer Sri Tarasita danced last week to the beats of her band, The Catwampus Universe, a Kentucky-based group that toured the west. The Catwampus Universe began the tour in Boulder, Colorado and finished it with this performance at HSU.

## INCREASED ENROLLMENT

### Student Population

*Spring 1996—7,321	*Fall 1996—7,686
Spring 1995—7,011	Fall 1995—7,427
Spring 1994—6,651	Fall 1994—7,049
Spring 1993—7,391	Fall 1993—7,122
Spring 1992—7,732	Fall 1992—7,850
Spring 1991—7,647	Fall 1991—7,823
	Fall 1990—7,654

### Academic Year Full-Time Student Enrollment Average

1990-91—7,104
1991-92—7,221
1992-93—7,216
1993-94—6,420
1994-95—6,627
1995-96—6,989
*Fall '96—7,256
(above last years average)

### Academic Year Student Population Average

1990-91—7,651
1991-92—7,776
1992-93—7,621
1993-94—7,122
1994-95—7,850
1995-96—7,823
*Fall '96—7,654
(above last years average)

SOURCE: HSU HOME WEB PAGE / UNIVERSITY REGISTRATION

RICK LATHAM and PETE CHENARD LUMBERJACK STAFF

## HSU enrollment up, funding for students not

By Rick Latham  
LUMBERJACK STAFF

HSU has 259 more students enrolled than expected this semester and additional funding for them is not in the immediate future.

"It seems enrollment is on the upswing," said University Registrar Dennis L. Geyer. "We are definitely above the enrollment average of the past few semesters."

"HSU is up quite a bit in enrollment and we've easily exceeded our target enrollment for the semester," said Administrative Assistant of Academic Affairs Pat Vanderklis.

A target enrollment is a university's estimate of student enrollment for an upcoming semester. With the increase in student population the university will

request an increase in funding. Vanderklis said it is highly unlikely that HSU will receive any additional money.

"Receiving money for the extra students depends on the status of the rest of the CSU system, if other campuses are above or below target enrollment and the general economic status of California,"

**"We are definitely above the enrollment average of the past few semesters."**

DENNIS L. GEYER  
university registrar

Vanderklis said. "We are due to get some money, but I don't think it's very likely."

The money for extra students depends upon enrollment at each CSU. If enrollment for the whole CSU system exceeds the targeted enrollment, no money will be available. However, if enrollment is less than expected, money would be available and given to universities with additional students.

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Mark Colwell, wildlife professor, Humboldt State University

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Audrey Maynor, student/athlete, Humboldt State University



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# One card, many hassles

■ Students concerned about potential impacts of proposed 'One-Card'

By Liz Marston  
 LUMBERJACK STAFF

Students have raised concerns about the One-Card proposal, fearing loss of privacy and diminished freedom of choice.

The idea behind the project is to expand the use of the student ID card to include long-distance calling and banking services, access to student information, various facilities and vendors.

Another idea behind the card is convenience.

The purpose is to improve the quality of services to students, said Wayne Perryman, campus coordinator for the One-Card Task Force.

But some students fear that private information could be accessed with this system.

Charles Douglas, A.S. professional studies representative, said those who would have access would be UPD, the California State University system and the state and federal government.

Associated Students president Keith Wagner said the One-Card project would be a convenience, benefit and problem to students.

"This card bears enough technology," he said, "that there's a possibility for misuse."

Douglas said concerns about the project center around its "hidden costs," civil liberties violations and HSU's possible "sell out" to corporations.

Perryman said, at an A.S. meeting on Sept. 23, that the initial cost to have the card would be \$5.

Douglas said he has doubts about that.

Perryman said there will be start-up costs to develop infrastructure: network connections, hardware, software and points of privilege. The university will pay these costs with an expected revenue.

Personal information and account or calling card numbers would not be displayed on the card itself, but imbedded on a magnetic stripe. The information is accessed only when swiped through a reader.

If the information is interconnected within one system, Douglas said, it can be misused on any level.

"There is a specter of 'Big Brother,'" Wagner said, "that government is watching over you, where you go, what you do."

**"There is a specter of 'Big Brother,' that government is watching over you, where you go, what you do."**

**KEITH WAGNER**  
 A.S. President

"It becomes scary because every time you use the card, (government or businesses) can find out where you are," he said.

Perryman said security measures have already been considered.

"The system is separate but linked," he said. "But the information is stored into different data places."

A vendor only has access to information that is pertinent to their business, he said.

"The Admissions and Records office won't know what books you checked out at the library," he said. "The (Student) Health Center won't know what you had for lunch."

Douglas said HSU must also

consider its social responsibility.

He said if the university agrees to this system, it would be selling itself to corporations and giving special recognition to those businesses.

"Students should have the freedom to choose who they want to do business with," because students may not agree with a certain business' policies, he said.

Wagner said people come to HSU with the idea to practice environmental awareness. Part of that is a belief in corporate responsibility.

"There are ideological difficulties in dealing with this (system)," he said.

Perryman said the card "will not destroy privacy or civil rights."

Although the One-Card would have a specific bank and long-distance company, he said students have the option of not using the card's services.

"You (the student) can tailor it to your particular needs," he said.

He also said it can make account transactions more secure and decrease the

worry for loose change.

No decisions have been made to go ahead with the project or stop planning and the project is still in its "feasibility stages," Perryman said.

Douglas said the One-Card system can have "bigger effects on students than the trimester plan because of the impact it would have on students' lives due to personal record access."

Perryman, Wagner and Douglas agree there should be more input from students.

"This card enters the new age World Wide Web electronic-connectivity time of technology," Wagner said. "It will take time to develop."

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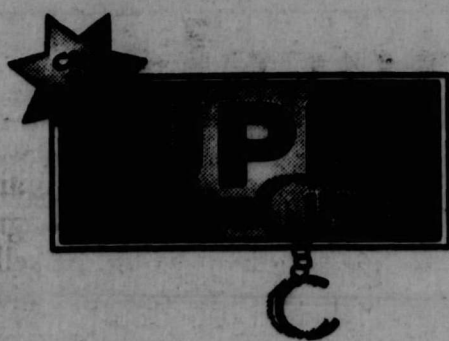
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• Oct. 1: An instructor requests assistance in removing a subject from a computer station at Gist Hall 215. UPD assistance is rendered.

• A subject carrying a pellet gun is escorted off campus from the Jolly Giant Commons cafeteria.

• Oct. 2: Approximately \$75 in change is stolen from a vending machine at Sunset Hall.

• A group of students playing bongos in a hallway at the old Music Building is asked to leave and advised of the procedures to reserve a room.

• Oct. 3: UPD responds to a report of a burglary in progress at 1700 Union Ave.

The subjects are detained at Founders Hall and later released to the Arcata Police Department.

A memorandum regarding the incident will be forwarded to Student Affairs as the subjects are HSU students.

• Oct. 4: A Hispanic male in

his late 50s, possibly intoxicated, is reported to have entered the University Annex at 11 p.m. The subject is determined not to have been intoxicated upon contact and leaves the area.

• A young, female, black and white husky-type dog with a white hemp collar is found in front of the Forestry Building. The lost canine is transported to the Humane Society.

• UPD officer presence is requested at Nelson Hall East to stand by during a discipline meeting.

• A report of two males selling health and safety paraphernalia at Redwood/Sunset Quad is filed. The area is checked and the subjects are unable to be located.

• A male, a female and a dog are reported taking showers in the men's locker room at Forbes Complex.

The two humans, determined to be transients, are admonished for their behavior, escorted from the building and advised to stay off campus.

• Oct. 5: A 2 a.m. report comes in concerning 10 to 15 subjects yelling in Redwood/Sunset Quad.

The source of yelling is determined to be emanating from the third floor of Redwood Hall. The area is quiet upon UPD departure.

• A cactus is vandalized in the greenhouse.

• Two subjects are removed from Redwood Bowl during the football game for smoking in the stands and disturbing the band.

• A student at Willow Hall has a severe nose bleed. The bleeding stops after 10 minutes.

• Oct. 6: Midnight — A male, apparently intoxicated, is reported tearing off his shirt and kicking a tree at Redwood/Sunset Quad.

Upon contact, it is determined the subject had been drinking but he is able to care for himself. The subject is escorted to residence at Sunset Hall and advised not to leave the room.

• Two unclothed subjects are observed running through and around Redwood/Sunset Quad at 1 a.m. The streakers are unable to be located upon UPD arrival.

• Oct. 7: Two male subjects, possibly transients, are spotted showering in the Forestry Building. The subjects are warned and sent on their way.

• A sign reading "Welcome to HSU" is found in the second floor hallway of Alder Hall.

—Compiled by David Perry

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## JGC renovation

• Continued from page 3

the building, the first-to-second floor stairs nearest the parking lot west of the JGC have been closed.

"Now, you have to take a longer route and walk around the building," Redwood Hall resident Megan Blackburn said.

The already limited parking situation has only been worsened by the the construction with the elimination of nearly one third of the parking lot west of the JGC.

"I had a problem finding parking and actually got a ticket because of it," Lunz said.

Along with the removal of the stairs, the catwalk from Cypress Hall to the second floor of the JGC will be temporarily removed within the next three weeks.

"When they close the catwalk,

it's going to make it difficult to get anywhere," Cypress Hall sophomore Paul Rosenberg said. "The catwalk is our primary access to the 'J'."

The catwalk will be widened and rebuilt upon the completion of the new, permanent stairs, adding a deck onto the second floor of the JGC.

Permanent concrete stairs will be built on the northwest corner of the JGC near the catwalk to the Canyon.

Before then, both sets of stairs on the south side of the building will be completely removed to allow the southern wall of the JGC to be extended. The extension will serve as a storage unit.

A temporary replacement set of stairs is scheduled to be installed at the northwest corner of the build-

ing, extending to the Cypress lawn below. The stairs from Redwood and Sunset will remain untouched.

During the summer of '97, the "J" cafeteria will be renovated, with the walls being pushed out to where the walkways currently end. This will add more indoor dining space, but will eliminate the outdoor eating area.

"I love eating outside," Blackburn said. "On nice days, you want to eat outside."

Some accuse the Department of Housing and Dining Services of poor planning.

"I think that the whole thing is an inconvenience just because they're working on it during school," Blackburn said. "They should have started during the summer like they had originally planned."



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REMEDIES

PAGE 19



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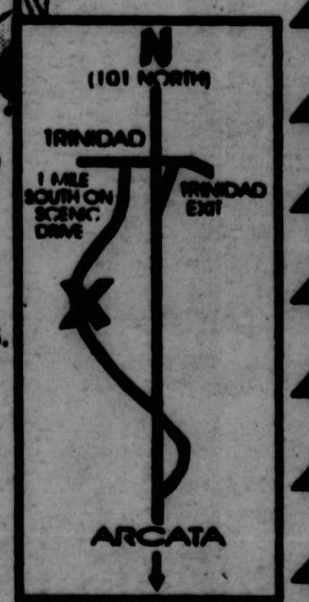
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# Instructor's sabbatical results in new book

By Michael Platt  
LUMBERJACK STAFF

While on sabbatical HSU French professor James Gaasch spent a year in Morocco writing a book and teaching a class on the international short story.

Gaasch also collected interviews and short stories from noted authors from Maghréb — a region in North Africa, which includes Morocco, Tunisia and Algeria — that he turned into a book called "Anthologie de la Nouvelle Maghrébine: Paroles aux Auteurs."

The book, written in French, was published by Éditions Eddif of Casablanca. It will be published in France later this year. He said he plans to use the book in his classes at HSU in the spring.

Although he wrote the book, Gaasch said he isn't interested in translating it into English himself. However, he has been approached by a professor from the University of Dayton in Ohio about doing a

translation.

The book consists of 10 female and nine male writers. There is a brief biographical sketch of each author, followed by an interview and an example of each author's work.

"I wanted to give students a sense of everyone who was writing, he said.

"So it wasn't meant to be a reader that was feminist or a socially engaged reader. It was meant to be a cross-cultural reader which would give American students a feel for a whole society."

Some of the short stories were already published, but a majority of the stories were written just for the anthology.

"I wanted something that depicted the present social situation in Maghréb," Gaasch said.

As an example, he pointed to the number of women represented in the book.

"Morocco hasn't produced, up until now, a well-known woman writer," Gaasch said. "But young

women are just now beginning to write. I was interested in their concerns and how they are facing the modern world."

Another example of how the present social situation affected the writing of the book is seen in the writers' nationalities.

Ten of the 19 authors interviewed were from Morocco, while only three were from Algeria.

The reason for so few Algerian writers is that the country is in political upheaval.

Gaasch was forced to conduct his interviews with the three writers in France.

His wife, Isabel, took all the photos for the book.

He was able to work on the anthology while teaching at Ibn Tofel University at Kenitra, which is close to the Moroccan capital of Rabat.

Gaasch shared duties with a Moroccan professor for a year, allowing him the chance to study the Moroccan

educational system.

"It's quite different," said Gaasch, "because here, most of our seminars have 15 to 20 students. (Over there)

we had 165 students in a class."

Unlike students at HSU, Moroccan students take classes for an entire year.

There is one test at the end of the year that determines the students' grade. Failure results in having to repeat the class.

According to Gaasch, 40 to 50 percent of Moroccan students repeat.

"These were second and third year students," Gaasch said. "The students were very well prepared for the lecture."

He found many differences between the two educational systems.

Gaasch also said that the Moroccans were "very warm people."

James Gaasch



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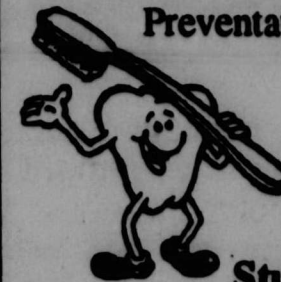


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ON THE PLAZA



# Budget cuts Arcata city services could soon be decimated

By Kelly Wentz

LUMBERJACK STAFF

Maintenance of city parks, crime prevention programs and contributions to public access television are three expenses Arcata will eliminate if voters do not renew the 3 percent utility tax on the ballot Nov. 5, the city council decided Oct. 2.

In addition to these cuts, citizens of Arcata face losing many other community services and programs. The Citizen's Budget Task Force listed in its final report Sept. 23, 26 cuts that are part of the proposal to save more than \$500,000 from the general budget fund.

Due to state cutbacks, the city must find a way to both cut the budget and replace lost revenue. The proposed cuts have been drafted for consideration and will be implemented if the utility tax is not passed.

A representative of the city manager's office said the utility tax, adopted in 1993, raises an estimated \$450,000 per year which helps replace these lost revenues.

The city council said that the proposed cuts primarily deal with saving money on city maintenance.

At the meeting, council members approved the budget task force's final report with a unanimous vote of five to zero.

"The city has a history of cutting costs, even before the tax bill," Councilman Lou Blaser said.

But Arcata citizens present at the meeting spoke out against the proposals.

Rodney Brunlinger, Arcata resident and participant in the second budget work meeting, said, "I participated in the system and this is an outrage. This list (of cuts) stinks. It stinks because it was lousy to begin with. It's like having to choose between cutting off your right hand or your left."

"These proposals will have community impact. The business people get the most of our tax cuts. That's fair and equitable?" Brunlinger said.

He called the task force's recommendations "extortion to drum up votes" in favor of the utility tax.

"(People) shouldn't vote for the utility tax because it's illegal," Brunlinger said.

Councilman Victor Schaub said, "I appreciate the citizen's task force and I think they did a good job with what they had to work with."

Other concerns about Arcata's economy and future were also brought up at the meeting.

People spoke out on the controversial issue of a Taco Bell franchise coming to Arcata.

Kasey Cook, an Arcata resident and HSU student, said the franchise would bring economic hardship to Arcata by forcing area businesses to lay off workers.

She also said that none of the money generated by Taco Bell will go to Arcata because, "the franchiser lives in Red Bluff."

Blaser said, "I see nothing wrong with Taco Bell coming. It's a matter of free enterprise. If citizens of Arcata don't like them, don't patronize them ... they will go out of business"

Also at the meeting, Councilman Jason

## EXTORTION OR REALITY?

The Arcata City Council announced last Wednesday it would cut 26 programs if the city utility tax did not pass in November. Here is a list of some of them followed by the amount the city will save on the program.

• Reduction in street Maintenance	\$70,000
• Reduced street lighting	50,000
• Elimination of police investigation of petty thefts: vandalism, bad checks, embezzlement, credit card fraud	40,000
• Elimination of street sweeping	36,000
• Elimination of maintenance at city ball field	35,000
• Eliminate some youth programs	30,000
• Eliminate crime prevention programs	26,000
• Eliminate community policing	25,000
• Eliminate contribution to "Main Street"	24,000
• Reduce training of council and management staff	24,000
• Eliminate contribution to Arcata House	12,000
• Eliminate animal control	8,000
• Eliminate contribution to Arcata Community Access Television	

SOURCE: ARCATA CITY COUNCIL MEETING TRANSCRIPT

PETE CHENARD GRAPHICS EDITOR

Kirkpatrick announced he will lecture at HSU's Campus Center for Appropriate Technology, on Monday, Oct. 14, 1996 at 7 p.m. He will be speaking about the organization and functions of the city council and how a cities works.

## Gurus of glass

# Humboldt glassblowers shine brightly

By Peter Schenck

LUMBERJACK STAFF

Whether it's small pipes or large bowls with animal engravings, lampworking, the art of forging hot glass, is one of the fastest growing and most admired art forms in Humboldt County.

George Bucquet, owner of Mad River Glass in Arcata, has 12 years experience casting glass bowls of various sizes.

"I was in between gigs and looking for something to do," Bucquet said. "I went to a gallery and found the appeal of making glass pretty magnetic."

"I was in North Carolina when I started working with glass," he said. "I originally blew glass forms such as goblets, but my interest changed and I got into casting glass."

Contained in many of his casts are three-dimensional animal engravings such as fish, turtles and birds, which take on breathtaking realism.

Bucquet said the brilliant coloring of the engravings is accomplished through the use of gold, silver and copper paints

that are produced in his shop and placed on thin metal leaves.

To create the shapes of these animals, Bucquet and his associates use specialized guiding techniques.

"We make a lot of our own equipment," Bucquet said. "Designing and making the bowls is enjoyable. It's wonderful stuff."

Bucquet sells his bowls to about 100 art galleries throughout the United States, Canada and Europe.

Some of his more intricate pieces have sold for as much as \$1,800.

"It was close to a couple of months before I was first satisfied," he said. "As my techniques developed my expectations changed. It's not like you arrive at one point and that's it."

Bucquet uses glass, sand, plaster, clay, plastic and wood to make his bowls.

"All the glass we use comes from scratch," he said.

"In hot glass casting, you need a firm foundation technically about making equipment, working with glass and using equipment," he said "I've seen many people start shops who were very limited in what they could do."

David Bouchard is a lampworker who specializes in hand-blown pipes, jars and sculptures.

"I was silk screening and my friend Curtis got me into the art by showing me how to work a torch," he said. "Every day since, I've been blowing four to five hours a day working on my technique."

"It took about a year-and-a-half to manipulate glass the way I wanted," Bouchard said.

He uses welding torches to form shapes out of three-foot glass rods composed of borosilicate, a silicate glass containing boric oxide.

These rods come in light, medium and thick gauges.

"I use all of these gauges," Bouchard said. "It depends on what I'm trying to create."

He said he likes the frame of mind lampworking puts him in.

"I enjoy the mental trance and being able to transform a vision from my head into reality," he said. "It's very relaxing to create beautiful things by what I see and feel."

However, Bouchard warns that people should only learn to blow glass

under professional supervision.

"It could be extremely dangerous if you don't know what you're doing," he said. "So many kids are blowing without the right ventilation and equipment."

The time it takes him to blow a single piece depends on the size and intricacy of it.

"For a simple, small piece, it takes about 20 minutes," he said. "A large, intricate piece can take two hours or longer to complete."

Bouchard said the cost of glass blowing was a struggle when he began.

"At first it was tough, but I eventually started to do real well," he said. "I'm lucky to have a large distributor to sell my pieces to."

Aside from distributors, Bouchard sells many of his intricate works to individuals. One of these individuals bought a mushroom sculpture he made from one-and-a-half pounds of raw glass for \$250 — the highest price he has sold one of his pieces for.

See Glass, page 16

## News Briefs

Gov. Pete Wilson signed a bill last week easing penalties on businesses that spill harmful materials into the state's waterways. He said the penalties were too large and the changes bring "fairness and equity" back into pollution law.

Environmentalists said the bill was biased towards polluters because it was written by industry lobbyists. The bill allows firms that spill materials such as oil or other chemicals to avoid criminal prosecution by reporting the spill, cleaning it up and proving the substance did not reach state waters or storm drains.

Ice cream lovers won a sweet victory last week when Gov. Wilson signed a bill to allow restaurants to sell homemade ice cream to their customers. The bill, sponsored by state Sen. Mike Thompson, D-Napa Valley, ends a 50-year-old regulation that required restaurants to either make ice cream from a pre-constituted mix during non-business hours or obtain an expensive Milk Products Plant License.

Horizon Air announced Tuesday a sale on tickets during the fall and winter season. Prices will be reduced by an average of 35 percent on round-trip tickets made at least seven days in advance with a Saturday night stay-over. Tickets must be purchased by Oct. 18 and travel completed by Feb. 5, 1997.



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Oct. 15th-Nelson Hall East room 102 Goodwin-Forum;  
opened for guest lecture. Other possible alternatives  
welcomed. 6:30-9:00pm.

Oct. 16th-Science B building, room 135 reserved from  
7-9pm for documentary(30 min.) on the appropriation  
and exploitation of Native American religious and  
spirituality.

Oct. 17th-Science B building, room 135 reserved for  
panel discussion from 7-9pm. Confirmed panel-  
participants include: Laura Lee Gero, Philip M.  
Zastrow, Joe Giovannetti, and Sandra Boham.

In addition to the above mentioned events, AIA will also be  
placing sixty signs in various areas on campus detailing  
specific facts, events, conditions, and quotes as pertaining to  
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AIA will also be encouraging, and providing red and black  
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## COMMUNITY CLIPS

ARCATA EUREKA HUMBOLDT

### Child abuse reports soaring since 1986

The number of children in the United States suffering from abuse, neglect and serious injury has skyrocketed in recent years, while child protection efforts have lagged behind, said a federal study released last week.

From 1986 to 1993, the number of abused and neglected children doubled from 1.4 million to 2.8 million, while the number seriously injured quadrupled from about 143,000 to nearly 570,000.

The reported cases of sexual abuse rose 125 percent from 133,600 to over 300,000. The study found, as previous research has, that girls are much more often the target of abuse than boys.

The study did not find different rates of abuse among racial or ethnic groups. The two biggest risk factors were poverty and living in a single-parent family.

### Tongass forest will be logged two more years

In its last action before adjourning for the fall election, the U.S. Senate passed a bill affecting a large number of parks and other public lands. The compromise bill, when

signed, will establish a joint public-private trust to preserve the Presidio, a former Army base in San Francisco now being run by the National Park Service. It would also create the country's first protected tallgrass prairie in Kansas.

The most divisive section of the bill dealt with logging by Louisiana-Pacific in the Tongass National forest in Alaska. LP had sought a 15-year extension of their logging rights in the area, but the Clinton administration wanted to end the logging rights altogether. LP was given special access to the timber in the 1950s in return for building a pulp mill there to create jobs in the area. The mill will be closed soon and the Clinton administration argued this ended the agreement. The compromise allows LP to log for two years after closing the mill.

### Lead awareness training date has been changed

The date for the Humboldt County Health Department's lead poisoning awareness training has been changed to Oct. 17. It will be held at the Eureka Inn from 8:30 a.m. to 3 p.m. Lunch will be provided for all participants. Registration is required.

The training is recommended for anyone concerned about exposure to lead and lead dust present from car repairs or from the 80 percent of Humboldt County homes built before lead was banned from paint in 1978.

See Community Clips, page 14

# HEADWATERS

## Salvage logging begins in old growth, activists angry

By Hugo Spilling  
LUMBERJACK STAFF

Despite continuing protests and environmentalists' acts of civil disobedience, salvage logging northeast of Headwaters grove started early Tuesday.

Late Tuesday the California Board of Forestry tentatively accepted a petition which could end up curtailing the salvage logging.

The Board moved to further consider a portion of a rules package, first proposed by the Environmental Protection Information Center and the Sierra Club in Sept., which would require a complete review of salvage logging operations involving 20 acres or more.

Environmentalists argue that the salvage logging, which is taking place in the Belle Lawrence Creek area, will harm the forest's ecosystem.

"The salvage logging will absolutely have an effect on the ecosystem," said Cecilia Lanman, spokesperson for EPIC. "The forest cannot sustain industrial logging."

According to E.P.I.C. the logging will destroy the habitat of endangered species in old-growth forests.

Connie Stewart of the Northcoast Environmental Center said that in some incidents, downed logs can be even more valuable for the ecosystem than standing trees, because they are habitat for a substantial number of other species.

Mary Bullwinkel, spokesperson for Pacific Lumber Co., does not agree that the project will have any negative impact on the forest.

She argues that salvage logging is actually good for the forest because it reduces the risk of forest fires.

The salvage logging by PL is protected under salvage logging regulations as long as it doesn't exceed removal of more than 10 percent of the timber.

"The 10 percent rule refers to dead, dying and diseased trees, both standing and downed," said Bullwinkel. "Since we're only removing downed timber on the forest floor, I expect the percentage of timber removed to be substantial lower than 10 percent."

Stewart agrees with Bullwinkel.

"There is no way the basal area of dead and dying trees will be more than 10 percent," she said. "But this does not mean that it will be safe to remove it."

Both the California Department of Forestry and Fire Protection and the California Department of Fish and Game are overlooking the project.

Lanman said, it is a scam that the trees are salvaged, "It is only used as an excuse to justify the logging," she said.

Ross Johnson, CDF's chief of forest practice regulation, said that PL is in compliance with the standards.

There will not be any activity in the 7,500 acres included in the agreement, which encompasses the 3,000-acre Headwaters grove, Bullwinkel said. This area is now protected.

Under the agreement between PL and federal and state officials, negotiated by U.S. Sen. Dianne Feinstein, the 7,500 acres will be placed under public protection in exchange for unspecified federal property and cash totaling \$380 million.

Bullwinkel said PL will continue logging in other parts of the area "if possible."

"We are concerned that the logging will continue," Lanman said, "but we are doing everything we can to prevent it."

*Elect* Marilyn Miles  
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"I know no finer person, nor one with a more suitable combination of skills and temperament. Marilyn's high standards and personal style gain her the confidence and the respect of those with whom she works and those whom she serves."

*Honorable Cruz Reynoso, UCLA law professor and former California Supreme Court Justice*

"Marilyn Miles is an excellent attorney and is, without doubt, our Best Choice for Judge."

*John R. Stokes, Arcata Attorney*

"Marilyn is a warm and friendly woman who is highly respected in the community and who is known for her fairness, integrity, and dedication."

*Joy Sundberg, Community Leader and former Trinidad Tribal Chairperson*

- 15 years experience as an attorney including Directing Attorney, California Indian Legal Services
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*Paid for by the Committee to elect Marilyn Miles Judge*

Three words

EDITOR

AT

LARGE.

Only in The  
Lumberjack



## Community Clips

• Continued from page 13

For more information call the health department at 441-5632.

### Coho listed as threatened, could impact logging

On Oct. 25, the coho salmon will be listed as a threatened species under the Endangered Species Act. The National Marine Fisheries Service has stated that logging in Headwaters could adversely affect coho salmon habitat. Environmentalists may have renewed legal grounds to fight the salvage logging.

### Arcata City Council candidate jailed for violating court order

Arcata City Council candidate Anthony Sanger was unable to attend Oct. 3 televised debate because he was in jail. Sanger was in the county jail for violating a restraining

order involving his family.

He also has two similar charges of violating a court order. Sanger is serving three years probation after pleading no contest in June to three misdemeanor counts of brandishing a dangerous, deadly weapon other than a firearm.

Sanger is running against Mayor Carl Pellatz and challengers Jennifer Hanan, Gary Moore, Robert Ornelas and Connie Stewart for three council seats.

### Society reminds North Coast women to check their breasts

The American Cancer Society wants to remind women about what they should be doing to prevent breast cancer for National Breast Cancer Awareness Month.

Breast self-examination should be performed monthly beginning at the age of 20. Women 20 to 39 should have a clinical examination by a health professional every three years and annually at the age of 40. Women should have a mammogram every

year from the age of 40 and annually at 50.

About 20,000 cases of breast cancer will be reported in California this year. For more information on breast cancer call the cancer society at 442-1436.

### Environmental group succumbs to stress

Due to "internal stress" the Student Environmental Action Coalition's national office will close its doors on Thursday, said Megan Southern, editor for Threshold, the organization's monthly publication.

HSU zoology senior Monica Wakefield, a SEAC member, said the closure wouldn't affect HSU's group because it is swamped with local issues and doesn't have time to work on a national level.

She said the area SEAC would continue under another name if the group folded.

Although the national office didn't fund any of its local and regional affiliates, it provided workshops, training programs, information and support.

### Utility money stolen from Eureka city hall drop box

The payment drop box for city utility bills was burglarized over the weekend and a large number of checks were stolen.

Some of the checks were found near city hall and some were found near Moonstone Beach.

Anyone who may have made a payment at the drop box is encouraged by the city to call and make sure your check was received. They should contact the finance department at 441-4100.

### Women business owners to meet for Kneeland retreat

Marianne Weidlein, author of "Empowering Vision," is offering a retreat for area women interested in business. It will take place Oct. 11 to Oct. 13.

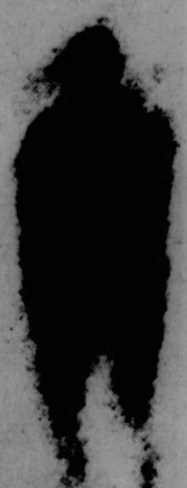
The cost is \$150 to \$250. For more information call 442-3115.

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**By Hugo Spilling**  
**LUMBERJACK STAFF**

**HEGE SPILLING/LUBERJACK STAF**

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**A section of Jolly Giant Creek in Shay Park before restoration, with debris strewn around the area.**

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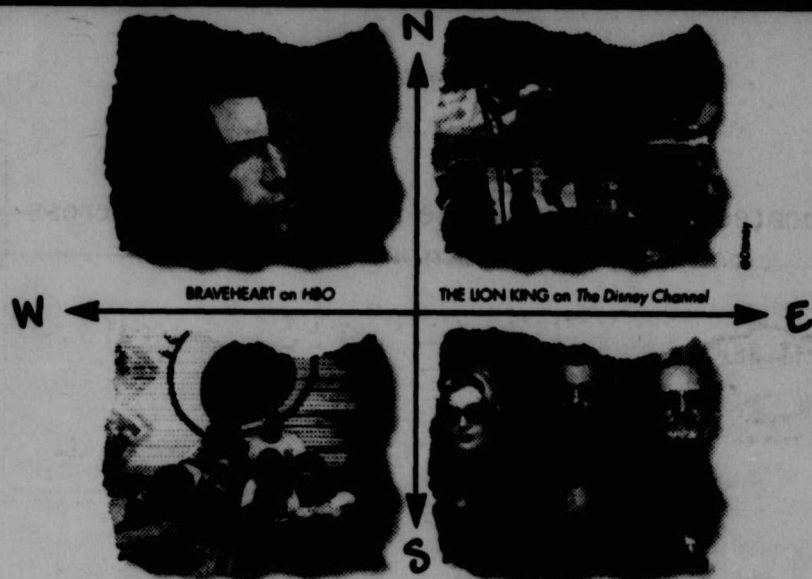
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## Glass

• Continued from page 11

"What I turn glass into has a lot to do with mood and how I transform my energies," he said. "I meditate hours before to prepare myself for the process."

Bouchard revealed the mystery behind pipes changing colors when exposed to heat.

"To achieve pieces that will do this, heavy metals such as oxidized silver, gold and platinum are used," he said.

However, there is one aspect of the glass blowing industry that Bouchard disapproves of.

"I really don't enjoy the competitive market it has turned into," he said. "I'm in this to be an artist transforming materials, not for the money."

Bernie Singer, owner of Organic Glass in Arcata, has done lampworking for 12 years. He makes wine glasses, vases and has experimented with lamps.

"Wine glasses are my favorite because there are no restrictions," he said. "There is freedom for a lot of variation."

Singer said he originally went

to Salem Community College in New Jersey.

It was the only school in the country that offered a two-year degree in lampworking at the time, to study scientific glass blowing.

"This style of glass blowing is the making of lab equipment for scientists," he said.

Singer said his creations are inspired by the music he listens to while lampworking.

"I blast my stereo in the shop — music is very inspirational to me," he said. "I'll listen to everything from jazz to Primus to get focused."

Singer uses several carving tools in addition to tools he has built.

"I've made or adapted tools for certain jobs," he said. "I've used a record turntable to warm in glass slowly while shaping vases."

Singer said lampworking is better than anything else he could think of.

"It's the kind of thing where you can get inspired in different ways," he said.

"There's always something new to explore."

Singer said aspiring

lampworkers should study with as many artists of different styles as possible and adapt what they learn to their own style.

"It's important to find what's going to work for you," he said. "You have to spend a lot of time at it."

Singer said his expectations are always changing.

"Sometimes you think a piece is great, but you find flaws with it later," he said. "Your expectations grow as you grow as an artist — I'm always critical about what I'm doing."

Singer sells his creations through representatives all over the country.

"Having representatives makes it easier," he said.

"It gives me more time with the fire."

Singer said he has close ties with many other local lampworkers.

"There's a society of local glass blowers I belong to," Singer said.

"The lampworking community around here is a lot larger than it was before."

THE LIFE OF

# BOB MARLEY

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## Proposition 209 facts

### What is Proposition 209?

Proposition 209 is an initiative that would end the practice of granting preferences in hiring for public employment and education and in contracting. The California Civil Rights Initiative would apply to state and local governments, districts, public colleges and schools.

### Who will it affect?

Anybody applying for a public job, contract, or admission to public school. Female and minority positions are expected to decline if passed.

Women could legally be excluded from jobs under Clause C if bona fide qualifications which are reasonably necessary are cited.

Public schools and community colleges running voluntary desegregation, tutoring, outreach or financial aid programs may lose up to \$75 million in state and local funding.

Taxpayers will save \$125 million, much of it through the elimination of state and local bureaucracy.

### Supporters:

**who** — Presidential challenger Sen. Bob Dole, R-Kan., Gov. Pete Wilson, Chairman of CCRI and UC regent Ward Connerly, Co-Chair of CCRI Pamela A. Lewis, Attorney General Dan Lungren, commentator Pat Buchanan, House Speaker Newt Gingrich, R-Ga., State Sen. Quentin Kopp, and Rep. Frank Riggs, R-Windsor.

**why** — They support Prop. 209 because they believe that discrimination is wrong. They believe that preferences do not help achieve a color-blind and sex-blind society.

They claim the "Clause C" uses language which was used in the 1964 Civil Rights Act and that it has been legally tested.

They claim that the CCRI would not prohibit affirmative action in the original, classical sense of the word, and that outreach programs that do not segregate or grant preferences could continue.

### Opposition:

**who** — President Bill Clinton, Retired General Colin Powell, First Congressional seat challenger Michela Alioto, nearly every civil rights and women's organization, including the National Association for the Advancement of Colored People, the American Civil Liberties Union, the National Organization for Women and the Feminist Majority.

**why** — They oppose it on the grounds that racism and sexism have not ended and that affirmative action has done much to assist women and minorities, but that more assistance is necessary to promote diversity in the work place.

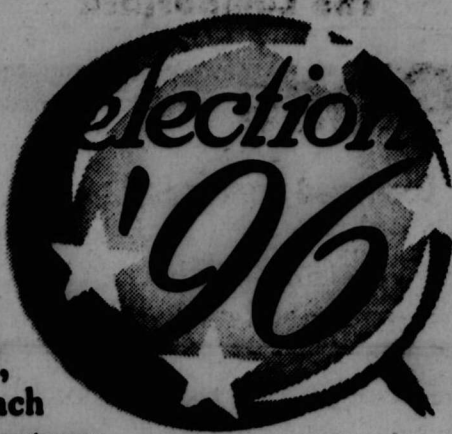
They believe that the "Clause C" loophole will allow women to legally be discriminated against and that the CCRI weakens existing sex discrimination laws.

They decry the loss of counseling, tutoring and mentoring programs that would be canceled if Prop. 209 is passed.

They say politicians are using the CCRI as a "race card" in an election year to exploit p-people's fear.

**Prognosis:** Los Angeles Times polls earlier in the year showed that about two-thirds of Californians support Prop. 209

Source: Official California Ballot Pamphlet



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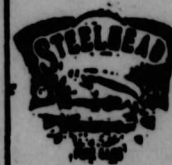
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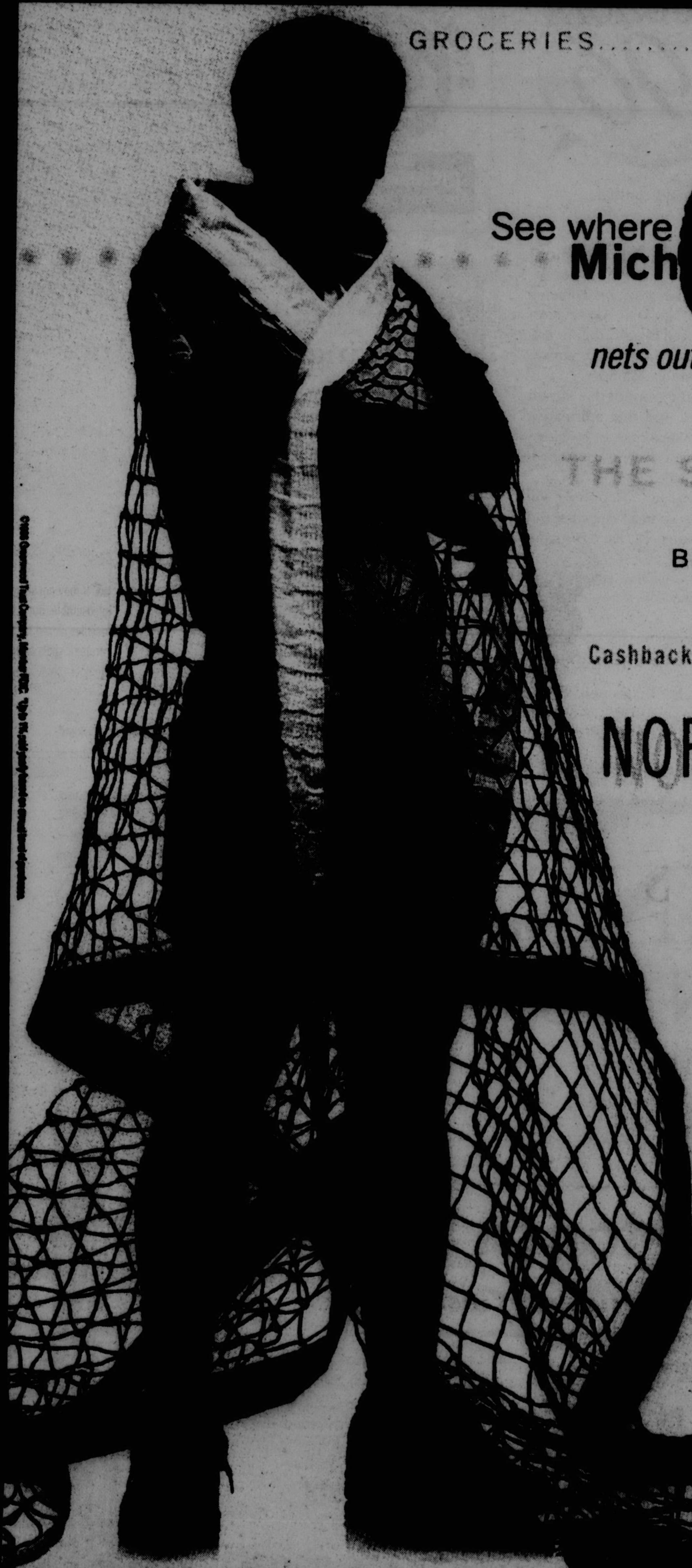
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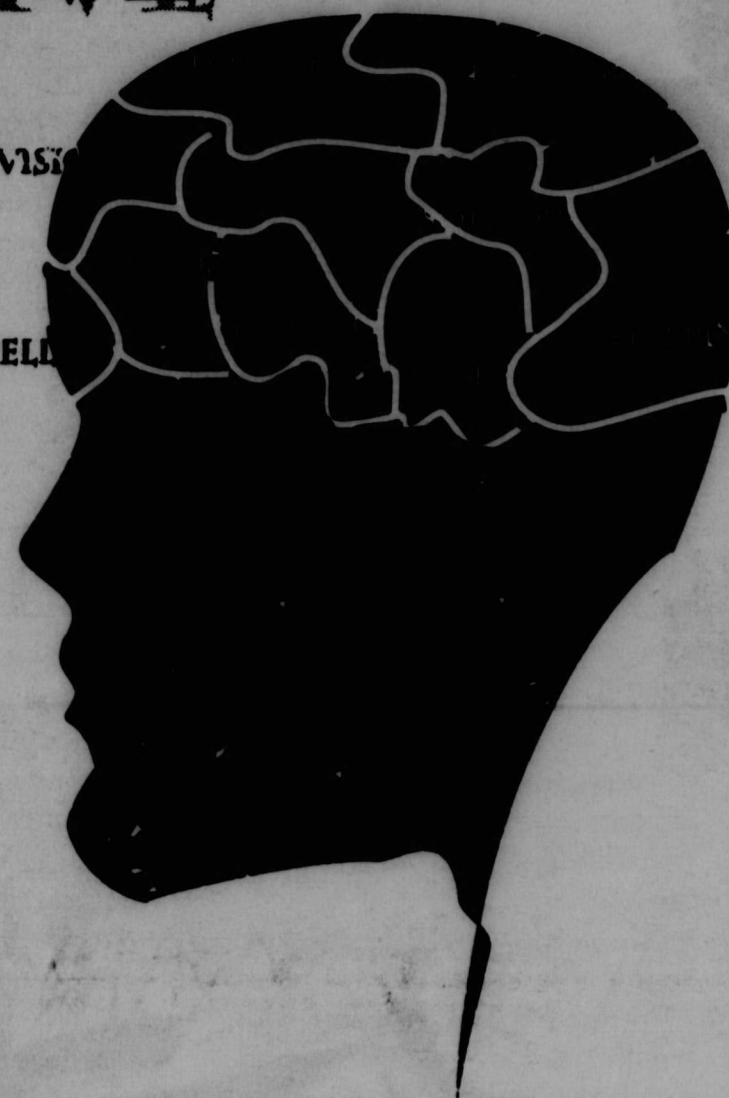
# KEEPING UP WITH ALTERNATIVE HEALTHCARE

- MASSAGE
- ACUPUNCTURE
- AROMATHERAPY
- HERBOLOGY

VISION

SMELL

TASTE



## EAST MEETS WEST IN MEDICINE

By Michael Platt

The popular conception of Western medicine — invasive, expensive and, for some, ineffective — is changing as healing methods once described as unorthodox are becoming more widely used by physicians.

A sign of this change is that 34 of 125 medical schools, including Johns Hopkins, Yale and Harvard, now offer courses in alternative medicine.

Dr. Martin Smukler, who has a family practice in Arcata, is one of a growing number of physicians taking a different approach to healing.

"Most doctors think drugs are the way to go," Smukler said. "Most chronic diseases are not cured through medicines. Drugs are OK, but they are pretty much a Band-Aid."

Smukler said people come to him because they feel that traditional medicine is ineffective.

"I have a holistic approach," he said. "I'm more concerned with the spiritual aspects of a person's life."

Smukler utilizes several different disciplines in his practice, including osteopathy, homeopathy and acupuncture.

Osteopathy involves the manipulation of muscles and bones to relieve certain disorders and

promote structural integrity. An osteopath is similar to a chiropractor, except that an osteopath can also prescribe drugs.

Homeopathy uses natural healing substances, which include various plants, animals and minerals. In small doses these substances aid the body to heal itself.

"These substances don't do the work. They help stimulate the body to heal," Smukler said.

Traditional Western medicine is allopathic. It treats disease with medicines that produce effects different from the disease treated. Homeopathic treatments work differently.

Homeopathic treatments cause, in overdose, symptoms similar to those that the person is experiencing.

The reasoning behind homeopathy goes like this: Symptoms represent the body's best efforts to adapt and defend itself against various stresses or infections. Homeopaths pick substances that have the capacity to aid the body in this process.

Homeopaths prescribe medicines that are given in small doses.

Homeopathy is not a new phe-

nomenon. It became popular in Europe and the United States last century because of its effectiveness in treating yellow fever, scarlet fever and cholera.

In fact, Smukler takes issue with those who describe alternative medicines as nontraditional.

"What (people who use homeopathic methods) practice is traditional. What we call traditional (medicine) may be orthodox, but what we practice has been done for thousands of years," Smukler said.

There has been a historical split between Western and holistic medicine. As recently as 20 years ago, the American Medical Association said it was unethical for members to even associate with chiropractors.

Recently there have been signs of compromise. Last year, the AMA passed a resolution that said its members should "become better informed regarding the practices and techniques of alternative or unconventional medicines."

Homeopathy is growing in popularity. It's particularly popular in France, where 40 percent of the public has used homeopathic medicines, and 39 percent of physicians have prescribed the medicines.

Some studies have indicated the effectiveness of homeopathic medicines. According to a British Medical Journal report in February of 1991, 81 of 107 controlled clinical trials showed that homeopathic medicines had beneficial results.

Interest in alternative medicines at HSU has also grown. Dr. Diane Korsower, a physician at the Student Health Center, said she has seen interest fluctuate over the years.

"Interest swelled coming out of the 1960s and '70s," Korsower said. "It kind of subsided in the money-grubbing '80s, but there

has always been interest."

Smukler's interest in alternative healing came out of his disenchantment with drug companies.

"They push drugs not really to help people," Smukler said. "They are more concerned with market share."

Smukler said he has been involved in alternative medicine so long that he's amused with some of his fellow doctors.

"It's kind of funny going to these alternative meetings and see these new doctors who are all gung ho about trying these things," Smukler said. "But it's like, 'been there — done that.' However, as long as something's safe, I think it's worth trying."

### Inside

■ Feeling stressed by all those midterms? Consider a massage, the best gift you can give yourself after a long week. Relaxing and therapeutic, massages help people relieve life's tensions through kneading and friction techniques on different muscles.

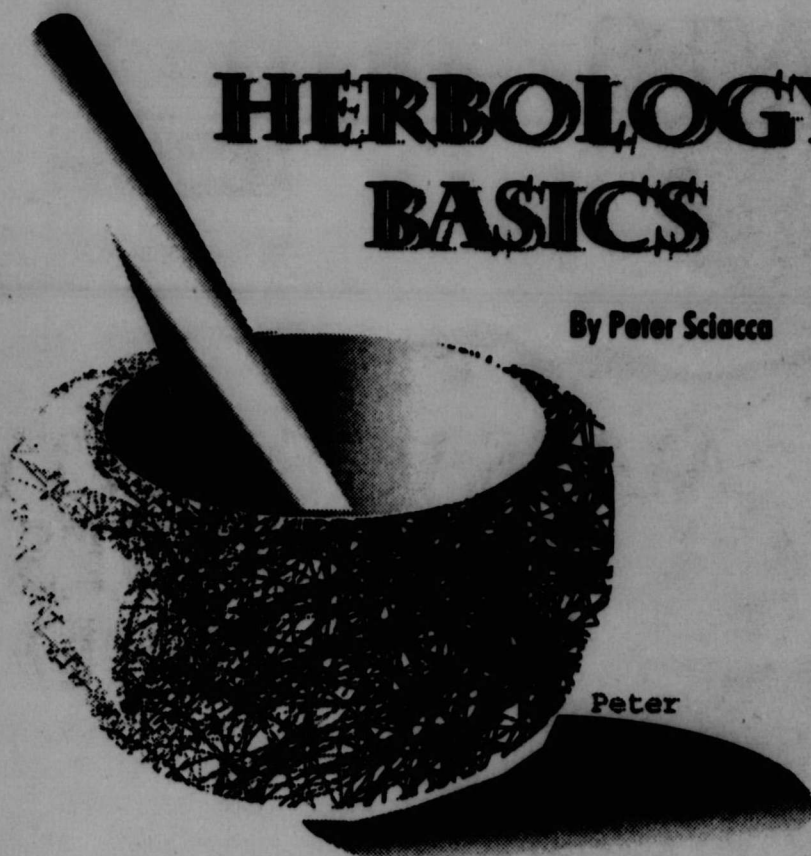
■ Less expensive and, in some cases, more effective, herbal medicines are becoming a popular alternative to Western medicine. Find out what to take to get through those tension headaches and prepare for winter with immune system-boosting herbs.

■ It may not seem pleasurable, but a few needles placed in strategic spots on the body can make a world of difference according to acupuncturists. The treatment, which restores and maintains health through the use of needles, is practiced by more than three million people worldwide.



## HERBOLOGY BASICS

By Peter Sciaccia



With the soaring cost of traditional health care, many people are switching over to medicinal herbs to treat their ailments and maintain good health.

Medicinal herbs, which have their roots in cultures of the East, offer several advantages over their Western counterparts.

"Herbs have been used in medical practices for a few thousand years," said John Yamas, who practices oriental medicine privately in Arcata. "They are also more cost effective and gentler on the body than Western medicine."

Yamas, who uses 300 different Chinese herbs in his practice, said interest in medicinal herbs has definitely grown.

"There are two reasons for this," he said. "More people have seen (herbology) work for them and the complications of Western drugs can result in harm down the line."

However, Yamas said there are a few things people should know about medicinal herbs

before they start to use them.

"It's important to know a lot about what you're doing," he said. "Particular herbs may be good and powerful for one application but bad for another."

"It's just like exercise," Yamas said. "If you don't do the routines properly, you can hurt yourself."

The majority of Yamas' herbs come from China, and some are from Taiwan.

"All of my herbs go through strict quality control to ensure they're safe and sterile," he said. "Some of the Chinese ones are processed here."

Yamas said he was first introduced to herbs 12 years ago when he attended medical school in China.

"Herbal medicine was emphasized extensively there," he said. "When I took my state medical exam, there were several questions about herbs on it."

"I use herbs on a daily basis in different

ways," Yamas said. "I alter my technique as I gain more knowledge and experience."

Yamas is also a state-licensed acupuncturist. He said many people come in for the herbs.

"As a result of seeing how herbs they can be, some people use medicinal herbs almost exclusively," he said.

Moonrise Herbs, which has the largest selection of medicinal herbs in Arcata, has more than 200 varieties of herbs in stock.

"Many herbs get used for teas and others are produced into extracts or capsules," said Sarah O'Leary, owner of Moonrise Herbs. "Others are ground up into pills."

O'Leary said herbs that are used in teas, such as peppermint, chamomile, rice root and nettles, tend to be the most popular among customers.

"Echinacea is also very popular because

## PRICKING YOUR WAY TO GOOD HEALTH

By Shannon Mortenson

Is the thought of actually paying someone to stick needles into your body a little unsettling or far-fetched?

To some, like philosophy sophomore Stacey Stamps, it is.

"I just can't understand why anyone would want to have so many needles stuck into their body," she said. "Getting a shot is bad enough."

"Even though there may be a lot of evidence supporting acupuncture, I just can't imagine subjecting myself to that kind of pain," she said.

But acupuncture is greatly different from the perceptions and misconceptions many people have about it.

Sarah Scott, a natural resources planning and interpretation senior, said she was pleased with her acupuncture experience.

"At first I was concerned about the needles, but I had heard so many positive things about acupuncture, I just really wanted to try it for myself," Scott said. "Plus, it's been practiced for thousands of years with great results."

"Truthfully, it didn't hurt at all and I felt a lot better after I went," she said.

The earliest records of acupuncture date back more than 2,000 years.

According to the British Acupuncture Council, today there are more than three million practitioners worldwide.

Although the majority of these doctors practice in Asia, over the last 50 years an increasing number of people in the West have trained to be acupuncturists.

Kevin LaPorta, a California licensed acupuncturist in Eureka, has been using his skills in Humboldt County for ten years.

He said a variety of people with a wide spectrum of ailments have been helped by acupuncture, and their numbers have been on the rise.

"I see more and more people coming in for treatment," he said.

"It's not just people trying to be hip anymore. Heat loggers and all types of people you'd never expect to come for treatment."

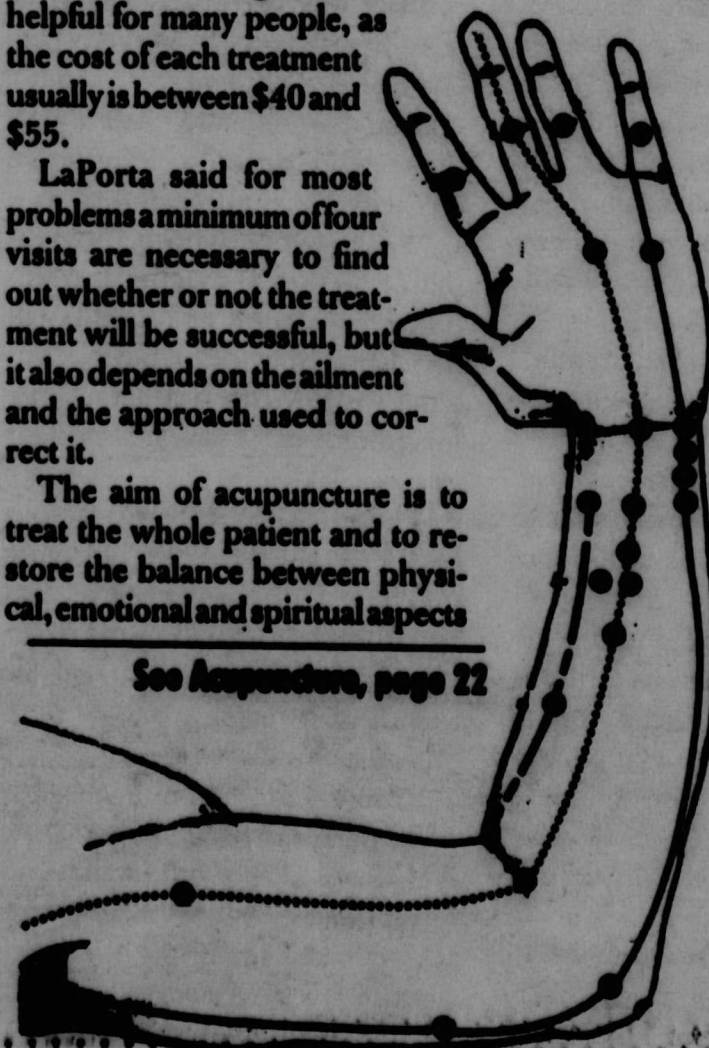
"It's become more accepted and most people know someone who's had it done even if they haven't done it themselves," LaPorta said.

There has also been increased insurance coverage which is helpful for many people, as the cost of each treatment usually is between \$40 and \$55.

LaPorta said for most problems a minimum of four visits are necessary to find out whether or not the treatment will be successful, but it also depends on the ailment and the approach used to correct it.

The aim of acupuncture is to treat the whole patient and to restore the balance between physical, emotional and spiritual aspects.

See Acupuncture, page 22



## RELAXATION

This treatment uses the mind-body connection to help people attempt to treat tension, stress and emotional problems. Many physical ailments begin to heal. An estimated 75 percent of all health problems are prompted by stress or stress-related events.

## HOW

### CONDITIONS SUCCESSFULLY COMPLETED WITH ACUPUNCTURE

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- Toothache
- Post-extraction pain
- Gingivitis

#### UPPER RESPIRATORY TRACT:

- Acute sinusitis
- Acute rhinitis
- Common cold
- Acute tonsillitis

#### RESPIRATORY SYSTEM:

- Acute bronchitis
- Bronchial asthma

#### GASTROINTESTINAL SYSTEM:

- Heartburn
- Acute and chronic gastritis
- Gastric hyperacidity
- Chronic duodenal ulcer
- Acute duodenal ulcer

#### DISORDERS OF THE EYE:

- Acute conjunctivitis
- Chronic conjunctivitis
- Glaucoma
- Cataracts

#### NEUROLOGICAL AND MUSCULOSKELETAL

- Headaches
- Neck pain
- Back pain
- Sciatica
- Carpal tunnel syndrome



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so very popular because

it is a great immune-system booster," she said.

"Since the beginning, people have been experimenting with herbs to see which ones work," she said. "Eastern medicine takes a more specific diagnosis whereas Western medicine tends to be general."

O'Leary, who opened Moonrise Herbs in 1985, has 15 years of experience with herbal medicines.

"I've studied and apprenticed with several herbalists" and attended many seminars, she said.

The store's herbs are bought in bulk from various sources.

"We get our herbs from local organic growers in addition to suppliers in Sonoma County and Oregon," she said.

O'Leary said herbal medicines tend to be cheaper than their prescription equivalents.

See Herbsology, page 22

## HERBAL

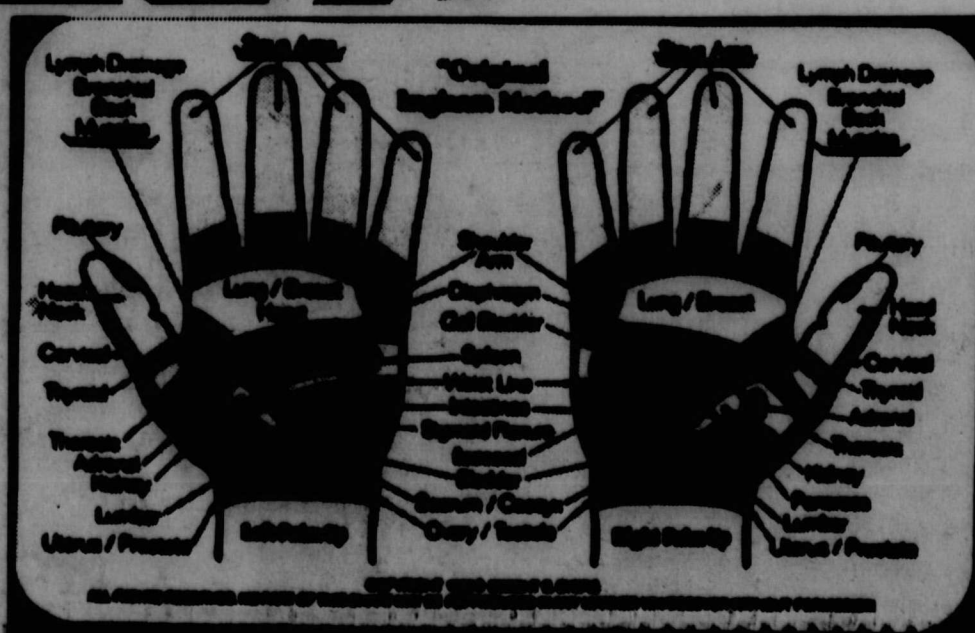
Uses the leaves, berries, bark, flowers and roots of plants in teas, extracts, capsules, and tinctures for a variety of ailments.



## ACUPUNCTURE

Regulates and stimulates the body's natural healing energy by inserting fine needles into specific points on the body.

## MASSAGE



## MASSAGE UNTIES THE KNOTS THAT BIND

By Kelly Cook

After a long, hard day of work, there's nothing better than feeling so calm that your muscles melt into your skin at the ultimate peak of relaxation.

A massage can be very relaxing for some and healing for others.

Massage is one of the oldest forms of therapeutic treatment and is given for a variety of reasons including injury, relaxation, chronic fatigue and pain. Ancient Hindu-Chinese writings refer to massage as a part of early medical practices.

Roger Sutterfield, a certified massage practitioner at Plaza Chiropractic and Massage Therapy, said everybody should get a massage at least once a month.

"People would be surprised how much better it makes their life," Sutterfield said. "It makes their whole world more positive and gives them a better train of thought."

"Business owners know that if they're not thinking on their feet, they lose money and a massage is a good way to clear their mind," he said.

Massages vary in price depending on their length and who administers them. For half an hour they start at \$25 and go up to \$80 for two hours.

A relaxation massage relieves the muscles of stress and tension and also improves blood circulation. Long, kneading strokes are used, as well as friction techniques for different muscles.

The basic deep-tissue massage applies pressure across the surface of the skin through slow strokes on spasm areas. It is applied to any part of the body the recipient requests. Lotion or oil is commonly used for a smoother massage and to keep skin irritation to a minimum. Deep-tissue massages are often used for relaxation purposes as well as for pain relief.

"Massages release the tension in my shoulders and make my whole body feel calm," said Becky Lee, an Arcata resident who gets massages frequently. "My favorite type of massage is the basic deep-tissue massage because it gets all of the kinks out of my shoulders and neck and it gives me a clear piece of mind."

"I do it as a present to myself for all the hard work I do," Lee said.

Sports massages can be done as pre- or post-event. They are deep and specific to certain muscles or muscle groups. They promote blood circulation as well as relax and stretch the muscles.

A polarity massage applies different strokes to a series of different pressure points. Every month, different points are

See Massage, page 22



## HERBAL REMEDIES

bad skin	chamomile	1 teaspoon herb	1 cup hot water
bad skin	leaves	2 cups hot water	steep 24 hrs.
colic and nausea	chamomile	1 teaspoon herb	1 cup hot water
colic and nausea	leaves	2 cups hot water	steep 24 hrs.
dandruff	rosemary and sage	1 oz each herb	daily hair rinse
dandruff	leaves	2 cups hot water	steep 24 hrs.
insomnia and headaches	passion vine	1 teaspoon herb	until pain subsides
insomnia and headaches	leaves	2 cups hot water	steep 24 hrs.

SOURCE: HOMEFACERS HERBAL CURES

PETE CHENARD / GRAPHICS EDITOR

## Herbology

• Continued from page 21

"Most herbs are relatively inexpensive," she said. "It depends on the particular herb, but using herbs in general is an inexpensive way for preventative health maintenance."

O'Leary said he is convinced interest in herbal medicine has grown.

"People are becoming more interested in herbs because of the soaring cost of medical care," she said. "Many have been reading

books, magazines, trying herbs for themselves and visiting herbalists."

However, O'Leary said certain precautions need to be taken before a person starts taking herbs.

Moonrise stocks many reference guides to aid in researching specific herbs and uses.

"Some people have certain medical conditions which herbs can worsen," she said. "I advise that people study some of the many books available on herbs before they start experimenting."

## Massage

• Continued from page 21

worked on. After a few months have gone by and all the points have been massaged, the tense areas associated with the polarity points are relaxed. "It's like putting notes together to make music," Sutterfield said.

Accupressure involves apply-

ing pressure on one specific point and moving that point around gently under the skin to relieve the tension. As opposed to polarity, the accupressure massage only involves working on one main point at a time.

Mya-facial is a technique used to reach all the way down to the cell level. The facia, which is the

tissue layer that embodies the cells, solidifies and hardens when there's an injury. When muscles get fatigued and sore this can also be a good method to use.

"It's phenomenal how fast I see my patients feel better," Sutterfield said. "Seeing so many wonderful results makes my job so much more worthwhile."

## Acupuncture

• Continued from page 20

of the individual.

Acupuncture is an ancient system of healing that has developed over thousands of years as part of the traditional medicine of China, Japan and other Eastern countries.

The practice is thought to have begun with the discovery that the stimulation of specific areas on the skin affect the functioning of certain bodily organs.

John Yamas, O.M.D. (doctor of Oriental Medicine), of Arcata has been practicing acupuncture since 1984 when he left a psychological counseling practice to concentrate on Asian medicine.

He says acupuncture therapy restores and maintains health by the insertion of fine needles into specific "points" just below the skin's surface to stimulate the flow of an individual's natural healing energy called Qi (pronounced chee).

These points are grouped along specific pathways, or meridians, that cross the body. Health is maintained if the body's energy flows freely through these pathways.

When the flow of energy is either absent, deficient, interrupted, excessive or blocked in an area, illness or pain often results, he said.

Acupuncture stimulates the appropriate points along the pathways to release and regulate the disrupted energy, improving circulation and allowing the body to heal itself faster and more completely.

"I treat so many different types of problems," LaPorta said. "For acupuncture, I would say the main problems are muscle or skeletal related, like the neck, back or joints."

Most of his patients have been comfortable with the process, but "pain is very subjective," he said, and efforts are made to alleviate any anxiety a patient might have.

"I would say most people don't feel anything, some feel more of a sensation than others," LaPorta said.

"Once the needles are in, they often induce people to go to sleep right there on the table. The needles stimulate the secretion of endorphins and other natural

morphine-like substances that modulate pain and create pleasure," he said.

Yamas does not refute the practice and practicality of Western medicine, but he said he feels that Asian medicine has a legitimate place in medical treatment as well, and it should not be overlooked.

Scott agreed with Yamas.

She said she understands the usefulness of both medical systems because she has benefited from both.

"If I needed a complex surgery, I would want to have the technology Western medicine provides to make sure I came through it with no complications," she said.

"But for general health maintenance, I will go to a doctor of Asian medicine who can give me a natural and holistic treatment — one that the Western approach just doesn't offer," she said.

Yamas said he urges people who are undecided about the validity of Asian medicine to evaluate the system openly and not try to use direct comparisons with Western medicine to discount the evidence that supports Asian methods.

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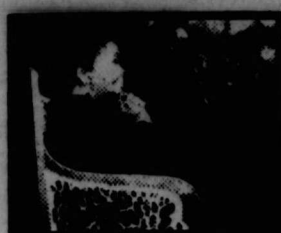
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**Inside Scene**



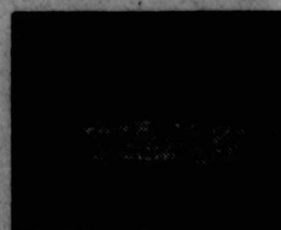
**"The Barefoot Diva,"**  
Cesaria Evora will bring the regional music of Sao Vincent to HSU Monday.

See page 26



**Michael Madson and Nick Nolte** star in "Mulholland Falls," out now on video.

See page 24



**Plagued artist Jean-Michael Basquiat's** life, featured on the big screen, is definitely no sob story.

See page 27



PHOTO COURTESY OF EPIPHANY ARTISTS

Dub Nation draws influences from Jamaican, African and European reggae. The Inka Inka spin off will perform at Hefe's in Eureka, Friday night at 9:30.

## Driven by unity Dub Nation strives to waken minds

By Peter Schaefer  
LUMBERJACK STAFF

The pursuit of unifying all people is what drives Dub Nation's music, according to band founder and bass

player Frank Caruso.

"Reggae is a type of music that's universal and meant to unite people," Caruso said in a phone interview from San Jose. "The single greatest thing is when our music causes someone to sit back

and take note of how they treat other people."

Caruso got his start in reggae music after production school as the producer of the Bay Area band, Inka Inka.

"Before that, reggae was

just something on the horizon," he said. "I went to many concerts but didn't really get absorbed into the music until after high school."

After producing Inka Inka's last two albums,

Caruso became involved with song writing and refined his bass playing.

"I started playing with some members of Inka Inka and we gradually added more musicians until the

See Dub Nation, page 28

## Play explores life, forgiveness

■ "Exotic comedian" Marga Gomez explores her relationship with her mother in "Memory Tricks" Friday night.

By Daniel Widmer  
LUMBERJACK STAFF

Marga Gomez will storm HSU Friday night, bringing her one-woman show called "Memory Tricks."

Born to a Puerto Rican exotic dancer and a Cuban comedian, Gomez thinks of herself as an exotic comedian. Gomez's theatrical monologue explores her relationship with her mother, whom she describes as "an incredible femme fatal."

"She divorced my father and married some other guy — a definite bad move — and then runs off to Paris," Gomez said in a telephone interview from New York.

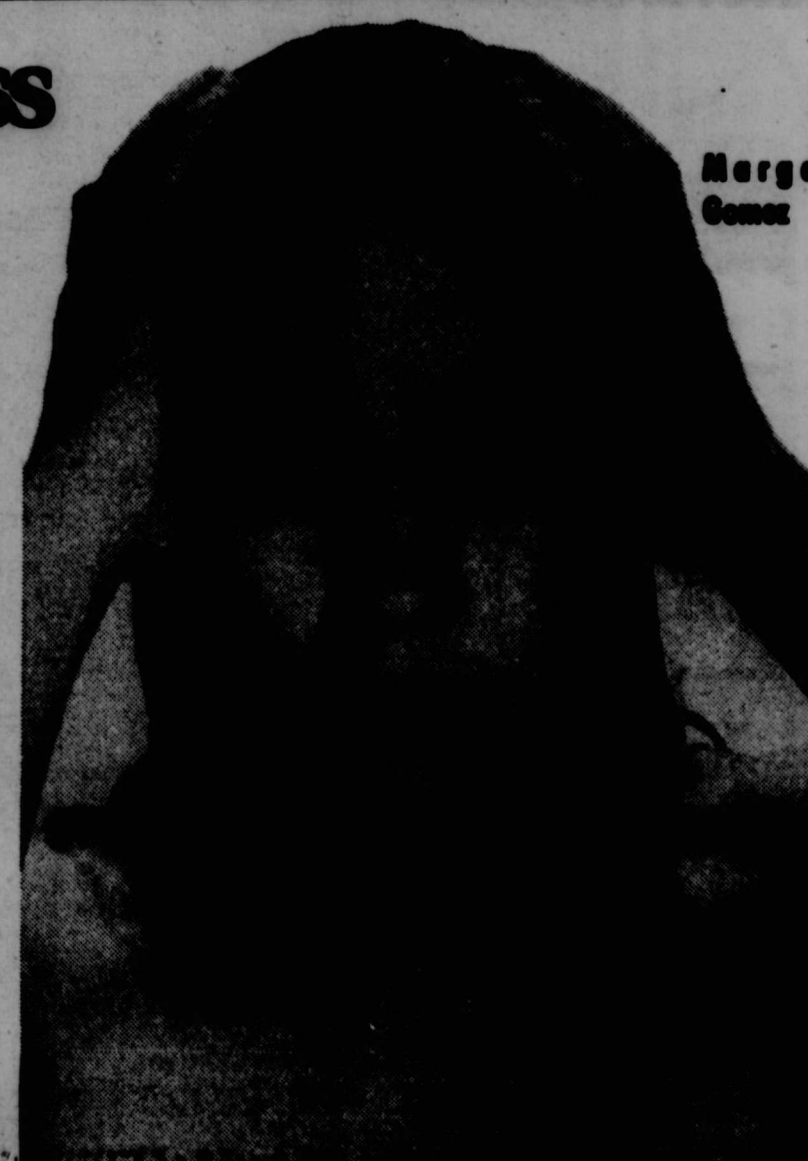
The play deals with the different phases Gomez experienced while trying to connect with her mother, including childhood memories of mom, twenty-something Marga's attempts to locate her in Paris and the performer's current relationship with her mother.

But life hasn't always been the same for Gomez's flamboyant showgirl mother, who has been suffering from Alzheimer's disease. She is now being cared for in a San Francisco nursing home, unable to communicate or move, Gomez said.

"Doing the show has helped me cope with my mother's disease. It allows me to re-create her when she was healthy," Gomez said.

"Memory Tricks" was created in 1991.

See Marga, page 28



Marga Gomez



# 'The Substitute' Been there, done that

By Gustavo Niguerola  
LUMBERJACK STAFF

"The Substitute" (R)  
Orion  
★★

You have seen this movie many times: A very dangerous high school with a lot of dangerous and dumb students, a good professor and a lot of violence. Basically nothing new.

Shale (Tom Berenger) is a mercenary who, after his girlfriend has some trouble with her students (they broke her leg), be-



comes a substitute and bring justice to the drug dealers who control and terrorize the school.

After becoming the new "tough guy in the school," he discovers who is behind the drug market in the area. He only needs to talk with his mercenary friends to make the halls of Columbus high school a Little Vietnam, with a lot of action

and bazookas and AK-47s included.

"The Substitute" is for one of those days that you don't have anything better to do and want to see some action on the screen—even something as stupid and unnecessary as this movie's violence.



Seasoned educator (Glen Plummer) gives the substitute teacher (Tom Berenger) advice and hope in "The Substitute."

## Video Top 10

1. Executive Decision (R)
2. From Dusk Till Dawn (R)
3. 12 Monkeys (R)
4. The Substitute (R)
5. Mulholland Falls (R)
6. Happy Gilmore (PG-13)
7. Up Close and Personal (PG-13)
8. City Hall (R)
9. Sgt. Bilko (PG)
10. Mr. Holland's Opus (PG)

## New Releases

- The Craft (R)  
October 8
- Flipper (G)  
October 8



"Mulholland Falls" is based on a '50s police squad.

## 'Mulholland Falls' falls short of credibility

By Gustavo Niguerola  
LUMBERJACK STAFF

"Mulholland Falls" (R)  
MGM  
★★★

Nick Nolte, Melanie Griffith, Chazz Palminteri, Michael Madsen, Chris Penn, John Malkovich ... with a cast like this "Mulholland Falls" should be a great movie, but it has some draw-

backs that make it just a good movie and nothing more.

It is based on the story of a police squad in Los Angeles during the '50s.

Nolte is the leader of the "Hat Squad" and he thinks that it is the law in L.A.

After finding the body of a woman with whom he had an affair, the murder investigation leads him to discover that there are impor-

tant military men involved.

Nolte does a great job in the movie, but this time the real star is Palminteri, who is a crazy cop under psychoanalysis treatment to stop his violent temper.

"Mulholland Falls" is a good movie, with energy and good action, but it is a little incredible at times.

It is hard for me to believe that a policeman can fight against the FBI, the Army

and almost everybody by himself. Maybe it is just because, as Nick Nolte said "This is not the United States, this is L.A."

But the movie also has some good moments, so is not that bad. It is just a sorrow that bad boy Michael Madsen has such a small role in it. It would be better with some more of his action.

# CENTER ARTS

## Marga Gomez

in "Memory Tricks"

This comedian/actress presents a brilliant one woman show about her upbringing in Harlem of the Sixties.

Friday, October 11

Kate Buchanan Room, 8pm

\$15 General - \$10 Students

## Peter Buckley

in "Bosom of Abraham"

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Saturday, October 19

Kate Buchanan Room, 8pm

\$10 General - \$5 Students

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11/16 The Marcus Roberts Trio



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These performances supported in part with funds from the California Arts Council, a state agency, and the National Endowment for the Arts, a federal agency. HSC is an AA-EQ institution.



## 'A running through doors' comedy Play combines comedy, thrills

By Christine Truesdale  
LUMBERJACK STAFF

The craft of directing, for Peggy Metzger, is like "magic."

This season she waves her wand with a play that has comedy, mystery, thrills and farce.

"Communicating Doors," performed by the Ferndale Repertory Theatre, combines all these elements in its latest production.

"Communicating Doors" sews different genres together," said director Peggy Metzger.

Metzger describes the play as a "running around through doors comedy."

The play is set in a London hotel room over a period of 40 years, from 1974 to 2014.

The play's characters, which include a dominatrix named Poopay (played by Terry Desch), pass through the hotel's connecting door solving and preventing murders.

Poopay, when called to a man's hotel room to witness him signing a confession of his crimes (mostly murders) committed in the room, becomes his next intended victim.

Poopay makes her escape through the connecting door and travels back through time. In the past, she meets two other women who are also the man's intended victims.

The three women conceive a plot that will stop the

man from killing themselves and others.

"The script intrigued me because of the way three women are connected through the door," Metzger said.

The balcony scene is a favorite of the audience. Without giving away too many details, Metzger described the scene as "a wild hanging out of windows, near death experience."

"Communicating Doors," written by British playwright Alan Ayckbourn, not only has physical comedy, suspense and farce, but intertwines serious moments as well.

Metzger, who graduated from HSU in 1993, has been directing for eight years.

"Communicating Doors" is the fifth production that Metzger has directed with the Ferndale Repertory Theatre.

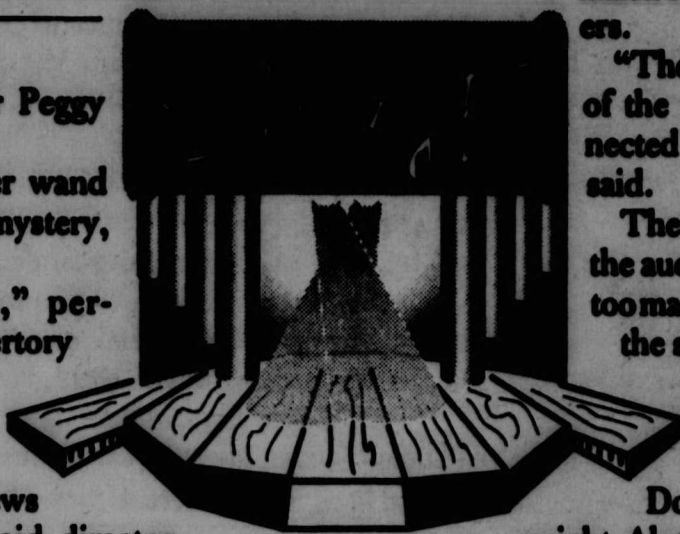
Metzger also directed the Ferndale Repertory productions of "Sleuths" and "The Crucible."

"I love the craft of creating theater; it's like magic," Metzger said.

"Communicating Doors" runs through Oct. 19. Performances are Thursday through Saturday evenings at 8:15.

There will be two afternoon matinees, Oct. 13 and 19 at 2:15.

Tickets are \$11 general admission, \$9 for students and seniors.





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## Evora to perform music of Sao Vincent

Cesaria Evora first  
found fame at  
52.

■ From the coast of Senegal, Cesaria Evora  
brings the "morna."

World music performer Cesaria Evora is widely known as "The Barefoot Diva" in reference to her stage style — a sign of solidarity with the disadvantaged women and children of her country's streets. Born and raised on the Cape Verde island of Sao Vincent, off the coast of Senegal, Evora will bring her style of world music, the "morna," a slow, rhythmic song form expressing nostalgia, love, sadness and longing, to the Kate Buchanan Room Monday at 8 p.m.

Evora, performing since the 1950s, became known as the "Queen of Morna" in her home town of Mindelo.

From 1988 to 1991, she released three albums, but it was her forth album in 1992, "Miss Perfumado," that brought Evora fame at age 52.

Her newest album, self-titled, recreates the atmosphere of Cape Verdean nights with her vocals, lyrics and an array of acoustic instruments including multiple guitars, violin, accordion and clarinet. The album has topped the world music charts.

Tickets for the Monday night show are \$17 general and \$13 students.



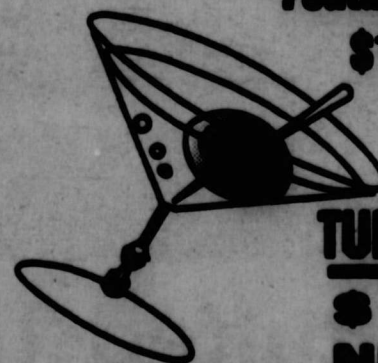
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### SATURDAY

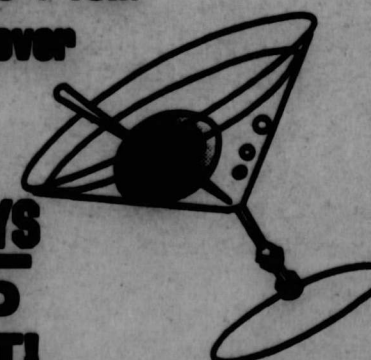
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On film

# Not your basic Holly wood sob story

■ Artist Jean-Michael Basquiat's self-destructive life portrayed matter-of-factly in "Basquiat."

artist Jean-Michel Basquiat to be snatched up by some hot Hollywood producer and manufactured as a sob story of the young artist's demise (much like Oliver Stone's Jim Morrison Portrayal in "The Doors").

Thanks to the powers that be in Tinsel Town, such is not the case with Julian Schnabel's "Basquiat." While other media have certainly played up the tragic angle of Basquiat's life, writer/director Julian Schnabel, also a New York artist, tells the story at a more honest level.

With a blockbuster cast, including Gary Oldman, Dennis Hopper and Christopher Walken, Schnabel shows Basquiat (Jeffrey

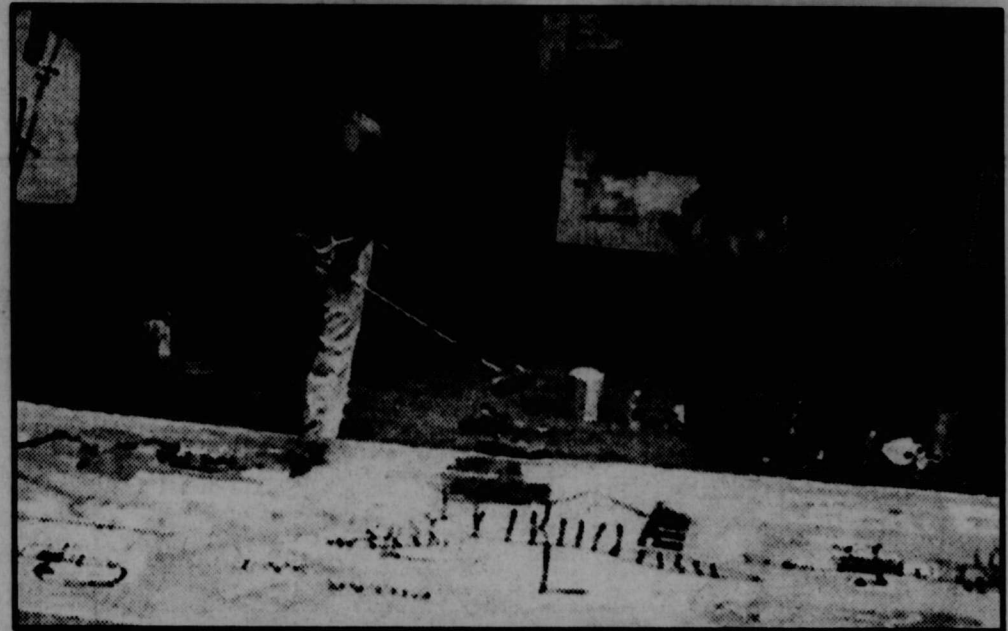
Wright) as a young graffiti artist in the 1980s who becomes the new darling of the art world, finding love, dabbling in drugs and befriending art guru Andy Warhol (David Bowie) along the way.

Jeffery Wright plays Basquiat well, but David Bowie steals the show.

He makes the often hard to interpret Warhol likable by bringing out humor in a character who is often portrayed as spaced out or snobby.

Parker Posey plays her signature white-prima donna-with-attitude role to a tee.

Courtney Love also makes an appearance (What hip new flick isn't Love a part of these days?) representing one of the groupies



Graffiti artist Jean-Michel Basquiat works in his studio in Julian Schnabel's "Basquiat," now playing.

who shimmied herself Basquiat's way.

The greatest aspect of the film is that often overplayed issues such as the breakup of a relationship, or drug use (...or heck, dating Madonna), are presented in a matter-

of-fact manner.

Props, snaps and all that jive go to Schnabel for bypassing the obvious, sexy route and delivering audiences a film that gives a fair and intriguing representation of a multi-dimensional Basquiat.

By Erlin Stalder  
LUMBERJACK STAFF

"Basquiat" (R)  
Miramax Pictures

★★★★★

In this day and age, when JFK Jr.'s wedding ceremony draws more interest than the increased turmoil at the Gaza Strip, it seems inevitable for the story of plagued

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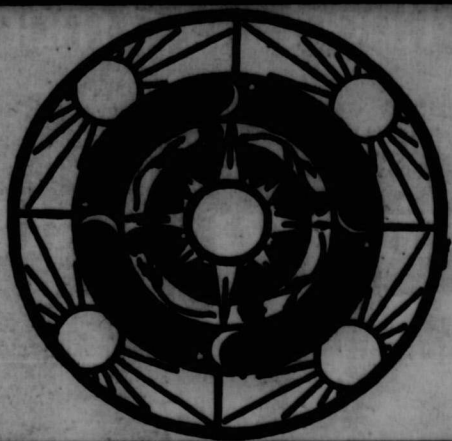
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## Dub Nation

• Continued from page 23

point where we splintered off into our own band," he said. "Dub Nation is a side project that grew out of hand in a good way."

Dub Nation's music combines elements of Jamaican reggae (Burning Spear, Bob Marley), European reggae (Pato Banton, Steel Pulse) and African reggae (Alpha Blondie, Lucky Doozie).

"Our music is roots/reggae with an R & B edge," he said. "You get a fusion of styles."

Caruso, who writes the majority of Dub Nation's songs, heads for the mountains when it comes time to create new material.

"Basically, I try to reach the highest peak to get away from all the distractions," he said. "You sit back with an acoustic guitar in the mountains and things just come to

you. It's amazing what you can come up with when you're not surrounded by the trivialities of life."

Caruso said reggae music can have a great positive effect on youth.

"Unlike gangster rap, which sends out a lot of negative messages, a kid raised on Bob Marley will basically have enough morals to decide what's right and wrong," he said.

The band's debut album, "One Great World," has had one great showing.

"I've never been affiliated with an album or project that has been so successful," Caruso said. "When you get musicians of such a high stature, like Pato Banton, digging your album it really feels good. The feedback has been amazing."

In a few weeks, Dub Nation will begin to record a new album which will be titled "Let The Truth Be Known."

"With the next album,

we're hoping to set our place in reggae history and wake up a lot of people," Caruso said. "It will have many songs we've played live over the last two years."

"Since the band was founded three years ago, our music has gotten heavier," he said. "However, we've stuck to our goal of being accessible to the audience."

Caruso said the annual "Reggae On The River" festival, held in Piercy, was the highlight of Dub Nation's summer tour.

"The show was great — we really got into it," he said. "We said 'this is going to be the big daddy' and, of course, it was."

Dub Nation will play at Hefe's Nightclub in Eureka Friday night at 9:30. Tickets are \$7 in advance and \$10 at the door.

## Marga

• Continued from page 23

"It started out as just something for me to do, but then people started coming to the performances," Gomez said, referring to the play and its impressive five-year running span.

"Memory Tricks" first opened in April of 1991 at the Marsh Performing Space in San Francisco, where it ran for six consecutive, sold-out weeks. Since then, Marga has performed her tragicomedy all over the country, while "trying to avoid Iowa."

However, she did admit to playing one show in that state.

She has performed at many Bay Area events including Carnival, Comedy Day at Golden Gate Park, The Black and White Ball and Bill Graham Presents — In Concert Against AIDS. She was awarded the Cabaret Gold Award as "Entertainer of the Year" in 1988.

Gomez attributes the



they found out my girlfriend was my girlfriend," she said, explaining her move to San Francisco in 1979. "That was just a few years before AIDS was discovered. Let me tell you, there was a lot of booty-shaking going on back then."

While in San Francisco, Gomez auditioned for Lilith, a feminist theater ensemble. She landed a spot in the cast and, as an actress, writer and scenery carrier, toured extensively throughout Europe and the West Coast for three years.

Gomez plans to delve deeper into acting in the future, which include parts for television and film. She is still interested in writing, but plans to do that "in the wee hours" of the morning more for entertainment than for providing an income.

The show begins at 8 p.m. Friday, in the Kate Buchanan Room on the HSU campus. Tickets are \$15 general, \$10 students and seniors.

performance's popularity and longevity to its universal themes.

"(The play) is about finding life. About forgiveness," she said. "After you hit your 30s, you begin seeing your parents in yourself and you start freaking out."

"A lot of people return to see the show with their mothers," she said. "It's a personal piece with a jumping-off point."

The theme of the play is one of forgiveness and reconciliation, Gomez said.

"My parents freaked when

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# All in the family

## Football coach's mother brings luck to son, safety to children



KEITH SHEFFIELD/LUMBERJACK STAFF

Johnie Whitmire has developed relationships with the children of Marshall Elementary School in Eureka while keeping them safe at the same time.

By Matt Krupnick  
SPORTS EDITOR

Almost 40 years ago Johnie Whitmire began shining her son's shoes and HSU's football team began to win.

Whitmire's shoe-shining tradition spanned two seasons and 20 games, during which time her son, current head football Coach Fred Whitmire, led his team to 20 consecutive wins as the 'Jacks' quarterback.

"She said, 'I'm going to shine your shoes and bring you some luck,'" Fred Whitmire said.

As "luck" would have it, Fred Whitmire didn't bring his shoes home before the team left for the 1960 Holiday Bowl in St. Petersburg, Fla., for a chance at a perfect season and the national championship. The team lost to Lenoir-Rhyne in the game, 15-14.

"To this day my mom still feels that was the reason (why we lost)," Fred Whitmire said.

Whitmire said he has never wanted to give the impression he is superstitious.

"I'm not superstitious but, as I tell people, I'm just cautious," he said. "I know many coaches who are very superstitious. I've always told myself as a coach not to get into that frame of mind."

Whitmire might have inherited his sense of caution from his mother, a crossing guard for the last 23 years, and his father, a retired police officer.

Johnie Whitmire, 78, became a crossing guard at Marshall Elementary School in Eureka when her husband informed her of the open position. He originally didn't want his wife taking the job because of the hazards and what turned out to be misguided beliefs.

"I didn't think it would fit her personality," Wayne Whitmire, 80, said. "It shows how wrong a husband can be."

As family members and others maintain, the job has fit Johnie Whitmire to a tee. She has seen children grow up, graduate from college and get married.

"I've been invited to a lot of weddings," she said. "One girl I used to take across has kids that I cross now."

"I think I'm more than a crossing guard. It's kind of like a family thing."

Marshall Elementary Principal Paul Gossard said Johnie Whitmire is a special part of the school's community.

"She's one of those people who genuinely loves kids," he said. "She's always interacting with the kids in a really positive manner."

"The staff members see her as a colleague and a friend."

Johnie Whitmire said she prides herself on her understanding of children.

"I can tell when a kid needs a hug,"

See Whitmire, page 32

### Who Says?

"I think I'm more than a crossing guard. It's kind of like a family thing."

Johnie Whitmire  
mother of coach

"(My mother) has a way of having an impact on people."

Fred Whitmire  
football coach

"I didn't think (the job) would fit her personality. It shows how wrong a husband can be."

Wayne Whitmire  
father of coach

# Clubs carve own niche in world of HSU sports

By Michael Platt  
LUMBERJACK STAFF

With new offerings including fencing and wrestling, athletic clubs give students a choice beyond traditional sports like football and basketball.

Overseeing HSU's club sports is Intramural Director Clay Brown.

"My job is to keep track of eligibility, budget, field usage and be a mediator between clubs," he said.

Brown said his department serves about 350 to 450 students.

Among the clubs his department oversees is rugby, lacrosse, disc, baseball, men's volleyball and men's crew.

One of the more popular clubs is baseball, which is active in both the spring and fall semesters.

Peter Herz, an engineering senior, is the president of the baseball club. He has been involved

with the club for three years.

This semester, the club has 22 members. Originally, 35 people tried out.

"This is the first semester since I've been around here that we had to cut," Herz said.

A number of veterans returned this season. Among the returners were center fielder Clayton Sheridan and shortstop Eddie Walters.

Sheridan was an all-North West Club Athletic Conference (NWCAC) selection last semester. Walters and Herz were conference honorable mentions.

"We have a lot of different levels of talent," Herz said. "We have some who have almost never

played before.

"We take just the best. But we encourage people who don't make the team to come out to practice."

In the past, the club has even

"There's a T-shirt that goes something like this: 'The wonderful thing about ultimate Frisbee is that ultimate Frisbee is such a wonderful game.'"

RYAN MAYFIELD  
disc club co-captain

had members who were former minor league players. Herz said one of the advantages the club has over intercollegiate programs is that players are eligible to play for more than four years.

This is the first year for Coach

Chad Olsen of Eureka.

"He's a baseball brain," Herz said. "He's provided a lot of ideas in practices."

Herz said having Olsen as a coach has improved the club.

"It's been basically a fun club. We do some extracurricular things. We do some partying," he said. "But with a new coach, we have a new focus."

In the fall, the baseball club plays a limited schedule. The club is very active in the spring, when it competes in the NWCAC, which starts in late February.

Rain has caused havoc with scheduling in the past. Last year,

the team had 25 games on the schedule, but only ended up playing 15. In early spring, the club tries to schedule as many road trips as it can to avoid being rained out.

People who wish to join the club must sign up for a baseball class. There are no club dues in the fall, however team members must buy uniforms at a cost of \$50.

In the spring, if needed, the club asks for dues. Herz said he is hoping that he will not have to collect dues in the spring.

Another popular club is the disc club, which plays ultimate Frisbee.

For the uninitiated, ultimate Frisbee is played on a 75-yard long field, and resembles a cross between football and soccer, with a Frisbee replacing a ball.

"It's a great game," said Ryan

See Clubs, page 32



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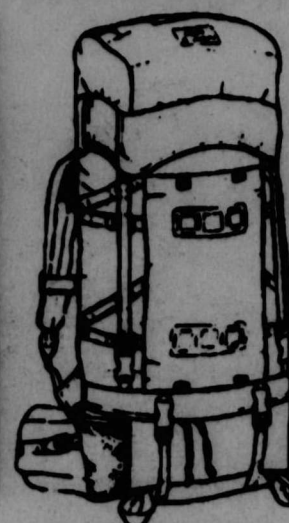


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## Matt Krupnick's



• I hear the HSU quarterbacks became vegetarians after developing a taste for grass during the UC Davis game. Eleven sacks: Ouch!

• When the sun shines on the HSU offensive line, the holes make neat patterns.

• I'd like to thank the fog for attempting to roll in during the game and preventing me from watching the debacle.

• Obscure college football score of the week (besides UC Davis 50, HSU 13): Widener 35, Juniata 28.

• Boy do I feel sorry for Roberto Alomar for having to put up with crap from New York fans ... NOT!

• As a promotion, all fans in attendance at today's women's soccer game against Hayward

will receive full ticket refunds when the 'Jacks score their 20th point against the Pioneers.

• On one hand, Saturday's football game was unbelievably painful to watch. On the other hand, when a school has 22,000 students to choose its teams from (i.e. UC Davis), they SHOULD beat up on a school with 7,700 students.

• Only two fall sport teams have yet to lose their top players; I hear milk does a body good.

• I think Cecil Fielder had better hit about .750 with 50 home runs during the ALCS and World Series for the \$9.2 million he's being paid.

See Clips, page 33



By Matt Krupnick  
SPORTS EDITOR

### Women's soccer ties Davis

Liz Ortiz scored with two minutes left in the second overtime as the 'Jacks tied 13th-ranked UC Davis at the HSU soccer field Saturday, 2-2.

The 'Jacks (5-2-3 overall, 1-1-1 NCAC) scored first on a goal by Terra Primavera early in the game, but the Aggies (9-2-1, 4-0-1) scored later in the first half while the 'Jacks were celebrating a goal that was taken away by an offside call.

HSU is ranked 18th in the nation in the latest poll.

The 'Jacks play at home

against Hayward State today at 2 p.m., at Sonoma State on Friday and at San Francisco State on Sunday.

### Cross country performs well

Francisco Rubalcava led the 'Jacks to a 13th-place finish at the prestigious Stanford Invitational with his 41st-place showing against mostly Division I competition.

Rubalcava finished in a time of 26 minutes, 30 seconds over the eight-kilometer (approximately five-mile) course, placing eighth among Division II runners. Luke Roundy finished close behind Rubalcava, placing 54th in a time of 26:57.

The men's team is ranked 19th in Division II in the latest poll.

The women's team also placed 13th, paced by Melody Haas' 54th-place finish in a time of 19:13 for the five-kilometer (3.1-mile) course. Haas was third among Division II run-

See Clips, page 34

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## Whitmire

• Continued from page 29

she said. "I take the time to hug them."

Johnie Whitmire said she is not as worried about rising drug and crime rates among youths as everyone else.

"Of all the kids I've dealt with I've never met a bad one," she said. "Out of 23 years, I've only sent one kid to the principal's office."

The plethora of good children has kept her coming back for all these years, she said.

"I don't need the job," she said. "I just love it."

The Whitmires' support has not been limited to the chil-

dren of Marshall Elementary, however. Fred Whitmire said his parents, who have been married more than 59 years, have always shown their support for his football activities. His parents attended almost every game while he was a player.

"As a player, you were very aware (of family members in the stands)," he said.

His mother has changed her shoe-shining tradition to a kiss before each game, he said. She also bakes her son a batch of chocolate chip cookies before every trip, a tradition popular with other coaches, he said.

"She has a way of having an impact on people," he said.

## From the locker room ...

### Football

• Saturday's 50-13 loss to UC Davis represented the largest margin of defeat for the 'Jacks since they lost to St. Mary's by the same margin in 1992.

• Back-up fullback Tom Armstrong may have suffered cartilage damage in his right knee during Saturday's game.

• Quarterback Chris Shipe underwent surgery on his separated shoulder Monday evening. His sta-

tus was not immediately known.

• This week's opponent, Sonoma State, is winless in its last 13 games.

### Volleyball

• Last year's conference player of the year, junior Jenn Lundeen, is out indefinitely with a medical problem unrelated to athletics.

See Locker, page 34

## Clubs

• Continued from page 29

Mayfield, an engineering senior and co-captain of the disc club. "There's a T-shirt that goes something like this: 'The wonderful thing about ultimate Frisbee is that ultimate Frisbee is such a wonderful game.'"

"You just can't beat the people. It's a joy to play," Mayfield said.

Mayfield and Cory Cuthbertson together run the club. Mayfield said the club has about 35 to 40 members.

Like baseball, the disc club's league starts in the spring. The club is coed in the fall. In the spring the club splits into men's and women's teams.

In the fall, the club's biggest event is the annual Harvest Tournament that runs Oct. 26-27.

The tournament includes about 20 teams from outside Humboldt County and five area teams, including two HSU teams, one from College of the Redwoods, another from Arcata High School and a team made up of disc players from Humboldt.

In the spring, the club plays in the Ultimate Player Association (UPA).

"We're highly competitive," Mayfield said. "We play teams like Stanford and Santa Barbara."

"We take anybody who really enjoys (ultimate Frisbee). When we play on campus, a lot of people will just stop and check it out."

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**Women****Athlete of the Week**

**Liz Ortiz,  
Soccer**

**Hometown:** San Carlos

**Year:** Sophomore

**Position:** Forward

**Accomplishments:** Ortiz scored the tying goal in Saturday's overtime tie against UC Davis, the fifth-ranked team in Division II. She leads the team and is tied for fourth in the conference with 11 points this season.

**Men****Athlete of the Week**

**Dyshun  
Beshears,  
Football**

**Hometown:** Pittsburg

**Year:** Senior

**Position:** Left End

**Accomplishments:** Beshears was the lone bright spot in the 'Jacks' 50-13 loss to UC Davis on Saturday. He had 10 tackles, six of them for a loss, and four quarterback sacks to earn honors as the NCAC Defensive Player of the Week.

**Chips**

• Continued from page 31

• Baseball fans everywhere are asking one question: Who plays for the St. Louis Cardinals?

• I guess a Wuerffel is still worth more than Ohio State's wins over Penn State and Notre Dame in the eyes of the pollsters.

• Then again, Northwestern is still ranked below Michigan despite the Wildcats' win. Somebody is definitely smoking crack.

• George Steinbrenner isn't as funny in real life as he is on "Seinfeld."

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Phi./Giants	Giants	Phi	Phi	Phi	UC?	Phi	
Balt./Ind.	Ind	Balt	Ind	Ind	UC?	Ind	

## Locker

• Continued from page 32

### Men's soccer

• Joining the growing list of HSU injuries, top scorer Armando Avila is out indefinitely with a separated shoulder.

• Marcus Leyva is also still out with injuries.

### Women's soccer

• Despite the team's recent success in the national polls,

the 'Jacks are still ranked behind UC Davis, who they tied, Northern Colorado, who they tied, and Regis, who they beat.

• Goalkeeper Julie Raup continues to pace the conference with a goals-against average of 0.58.

• Coach Kim Benson said she hopes today's game against Hayward will be out of reach for the Pioneers after only 20 minutes. The last game the 'Jacks played against Hayward was on Sept. 29, an 8-0 drubbing of the Pioneers.

• The 'Jacks continue to be untouched by the injury bug that has swept other teams of late.

### Men's X-Country

• The 'Jacks fell one spot in the regional polls to fourth this week after finishing behind UC Riverside at Stanford. Three teams from the region qualify for the national championships in November.

### Women's X-Country

• Only 50 seconds separated the first and fifth runners at Stanford.

• Head Coach Dave Wells was named the Western Region Women's Coach of the Month for September by the NCAA Division II Cross Country Coaches Association.

## Clips

• Continued from page 31

ners.

The women's team is ranked 10th in Division II.

A full women's team and part of the men's team will head to the San Francisco Invitational in Golden Gate Park on Saturday.

### Football hammered by UC Davis

The football team (2-2) managed just 133 yards of offense as it lost, 50-13, at home to UC Davis on Saturday.

The 'Jacks will remain at home Saturday to play winless Sonoma State.

### Men's soccer loses twice

The men's soccer team lost to Chico State last Wednesday and to UC Davis on Saturday, both by 3-1 scores.

The team fell to 4-5-2 overall, 1-2-1 in conference. The 'Jacks travel to Sonoma State on Friday and to San Francisco State on Sunday.

### Volleyball loses Lundeen, matches

Playing without ailing star Jenn Lundeen, the volleyball team lost in straight games at Chico State last Friday and at UC Davis on Saturday.

The 'Jacks (7-15, 1-2) play a pair of matches at home this weekend: against San Francisco State on Friday and College of Notre Dame on Saturday.

Forget Butkus.  
Forget Berman.  
Get your NFL picks  
in The Lumberjack  
every week.

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notice  
how many  
people  
read The  
Lumber-  
jack?

Yes.

Well  
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your hand  
right now

See?

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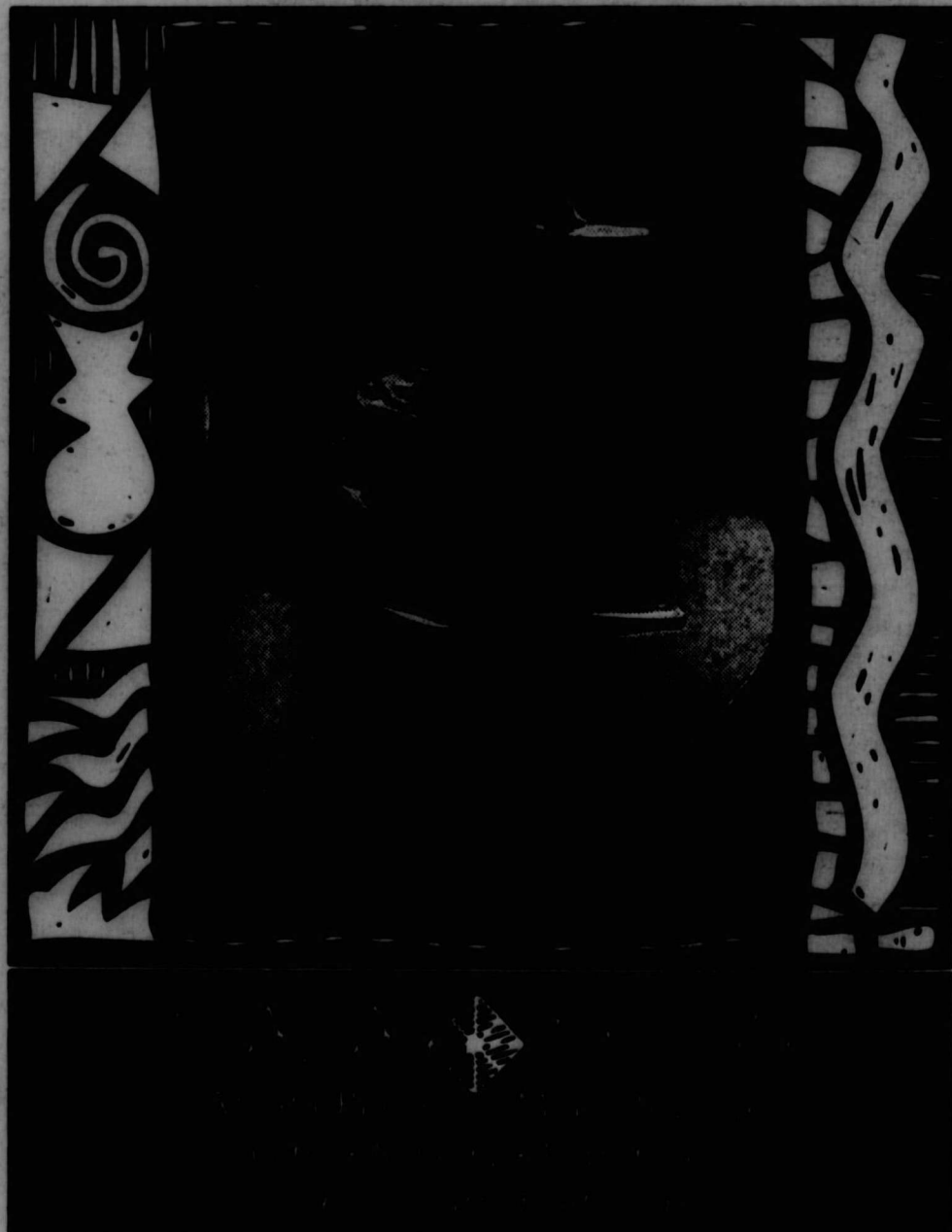
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10% off with your own mug!

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## One Card is one dumb idea

If the One Card is developed and introduced to the student population, HSU will be a few steps closer to achieving the nightmare world George Orwell envisioned in "1984."

While this may seem like an alarmist claim, it does not take a quantum leap in mental capacity to recognize that this card (which, in addition to serving as a student I.D., would also serve as a long distance calling card and bank debit card, among other things) will jeopardize the privacy of any student carrying it.

### Editorial

Any person or corporation which has access to the information imbedded in the card can know exactly where students are making purchases or how much they're spending. It would not be difficult for these corporations to analyze spending habits of certain students and, as a result, direct specific advertising to those students.

What's more, there is a dangerous potential for corporations involved with the card to establish a monopoly over the student body it serves. For example, if a student uses the long distance calling card option the One Card will provide, he or she will have no choice over which long distance telephone company the calls will be made under.

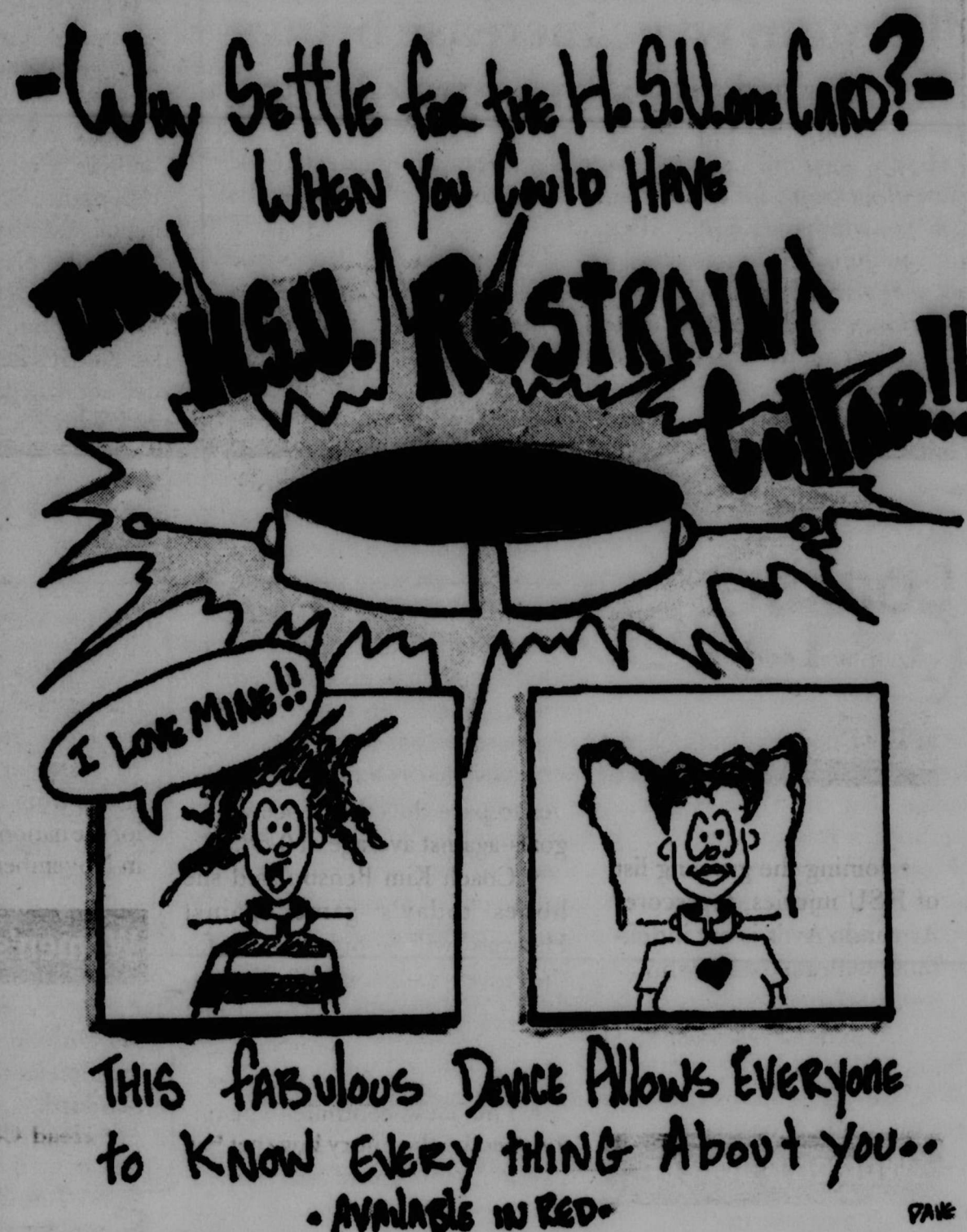
The same goes for the banking debit card. It's not fair to the student or competing banks if one financial institution controls every banking transaction made with the One Card, especially if the card is implemented across the entire California State University system.

While it is true that the One Card would provide some added convenience for students, imagine the predicament a student will be in if the card is stolen, destroyed or the magnetic strip is wiped clean by accident. Not only would the student be out a student I.D., also gone would be whatever other options the One Card provides to that student.

In other words, the student may not be able to make long-distance calls, complete banking transactions, check out library books or get dinner on the meal plan until the card is replaced.

Another issue to take into consideration is the amount of security the powers that be would provide to One Card carriers. With how much ease or difficulty could would-be felons use a stolen or lost card to their advantage?

When it comes down to it, the old adage that proclaims, "If it's not broke, don't fix it" applies to the One Card issue. The current system of administering student I.D. cards seems to be working just fine, so why change it? Maybe for the same reason the administration is in support of the trimester proposal — just to be different.



## Letters to the editor

### Ignoring Rossi was a great disservice

The Lumberjack has done its readers a great disservice with its coverage of the debate for the First Congressional District seat. By basically ignoring Libertarian candidate Emil Rossi, you perpetuate the illusion that the only two political parties that matter are the Democrats and Republicans.

The Libertarian Party, founded in 1972, does not exist solely for the purpose of comic relief. There are more than 200 Libertarians in public office nationwide, presumably in places where the local media offer equal time to third party candidates, and people have a chance to hear the Libertarian philosophy — one of individual liberty, personal responsibility and freedom from government tyranny.

Reading the statements from Riggs and Alioto, it is clear that the "debate" between those two was little more than a big-government love festival. The fact that polls suggest a contempt for the establishment politicians and their never-ending campaign to take away our rights.

I would think that an independent university newspaper would be the first place to find information on new ideas and third-party candidates. Until that happens here, anyone interested in stopping the "War on Drugs," ending government interference with the free market and reducing the military to its bare minimum can find out more on the internet at: [www.lp.org](http://www.lp.org).

Erik Goldhammer  
environmental resources engineering senior

### Susman overcomes father's death

What a great surprise! I can't believe how the internet has shrunk the world.

After I left Santa Barbara City College in '67, I attended Valley College in Los Angeles. I went to Davis the following year to major in zoology. I felt self-conscious about screwing around in high school so I took 26 units my first semester.

I wasn't much interested in an-

thropology until I dissected a small ape called a gibbon in a biological anthropology course at Davis the next year. I switched my major to physical anthropology. I married Sandee (maiden name Candee) my senior year at Davis and graduated near the top of a class of more than a thousand.

I applied to the graduate school at the University of Chicago, long the best place for anthropology. Sandee earned a Ph.D. in art history, and I won a prize for my master's thesis and received a full fellowship. Included with some of the other graduate students was Donald Johanson who discovered "Lucy."

We finished in five years, traveled and lived in Europe and Africa and in 1976 I took a job at Stony Brook. I made full professor in the medical school in 1987, and now I teach anatomy to first year medical students for seven weeks each year. The rest of the time I do research. In 1984 I started law school and received a J.D. (doctor of jurisprudence) in 1988.

We have two great kids. Anna is a sophomore at Brown, and Manfred Benjamin is a senior in high school.

I have thought of you and Gary many times over the years.

You were correct in your assessment that my father's death had a great impact on me. In looking back, I realize that you never recover from the death of important people in your life. A piece goes missing, but you carry on. My dad died in 1967, and I still think of him almost every day. I have pictures in my office of him in the jungles of New Guinea during World War II where he was a B-24 pilot. The pictures are next to me in the jungles of Africa. I guess there is some continuity there.

I am leaving for South Africa on Saturday (Oct. 5) to give a lecture, see some new fossils (I hope) and vacation on the beach and in the wine country around Capetown.

As for giving the bird with my toes ... yes, I can still do that. I don't flip off other motorists as much as I used to but I did moon one of my graduate students last year. My son is pretty good at it also. I still play basketball, football and tennis. Jeez, I guess I am pretty much a middle class old fart.

I enjoyed greatly your column and was flattered to have been the subject of your piece. Maybe we

can get could meet in Los Angeles some time, or if your are ever in New York please give me a call. Stay in touch.

Randall L. Susman, Ph.D.  
school of medicine  
State University of New York at Stony Brook

### Letters policy

The Lumberjack welcomes letters on any subject. All contributions must be received by 5 p.m. the Friday before publication date and can be mailed, delivered, faxed or e-mailed to:

The Lumberjack  
Nelson Hall East 6  
Humboldt State University  
Arcata, Calif. 95521  
Phone: (707) 826-3271  
Fax: (707) 826-5921  
E-mail: [thejack@axe.humboldt.edu](mailto:thejack@axe.humboldt.edu)

- All submissions should be 500 words or less and are subject to editing for length, clarity, libel and grammar.
- Also considered for publication will be original cartoons, favorite sayings, anecdotes and jokes.
- All contributions must be legible and include the writer's name, address, telephone number, major and year. Occupation must be included if the contributor is not an HSU student.
- Submissions will not be returned and publication is not guaranteed.



**Jackson Garland****Minimum wage increase brings new high prices to same old crap**

Here is wisdom. Let him who has understanding calculate the name of the beast, for it is the name of a "non-profit" company: Its name is Lumberjack Enterprises.

If you think I'm exaggerating when I say evil has revealed its true face at HSU, go buy a bagel with cream cheese at The Depot. Word of warning: You might want to stop by the financial aid office on the way and get an increase on your loan to pay for it.

In case you've deprived yourself of on-campus food for the past week, let me briefly explain what's going on. On Oct. 1, the federal minimum wage increased from \$4.25 to \$4.75. A mere three-and-

**Editor  
AT LARGE**

a-half minutes later, the price of a bagel and cream cheese at The Depot rose 20 cents, a slice of pizza went up a dime and a cheeseburger is now 25 cents more.

An articulately crafted memo posted on cash registers at The Depot explains that the price increases cover the costs of increasing employee salaries. The memo also takes painful care to explain that the University Center Dining Relations faction of Lumberjack Enterprises is purely non-profit. Right.

Meanwhile, we the students are forced to shell out even more money for a burrito that was probably over-priced already. I dread Sept. 1 of next year when the minimum wage will increase again to \$5.15. Pricers at The Depot will be hovering over the bagels with price tags in hand, waiting for the clock to strike midnight and the glorious new day to begin.

One final note on this issue: The aforementioned memo states that The Depot is "actively searching" for new menu items to better serve the needs of its customers.

Too bad nobody will be able to afford them.

**What's in a drawing?**

Has anybody ever stopped outside the front door of the Health Center and taken a close look at the drawing which adorns the entrance?

If you don't know what I'm talking about, stroll over there and take a look. You'll find a bizarre circular image of two nude males next to each other, one of whom presumably represents a doctor and the other a patient.

I'm assuming the drawing is Greek in nature, but I thought I'd make a couple of calls to find out exactly what the hell it signifies. My first call was to the Health Center. The woman who answered, although very courteous, was unaware of the drawing's meaning.

My next call was to Public Affairs, where I met with some limited success. While I was not able to pinpoint the meaning of the drawing, I did discover that it was placed next to the entrance when the Health Center was remodeled in the fall of 1976. This would explain why the two figures have what could be called "shaggy '70s sideburns." Go look. They're there.

Perhaps a friend of mine best summed up the impression the drawing gives when, after noticing where one of the nude males was placing his hand in relation to the pelvis area of the other male, he muttered this observation: "Two words, Jackson — Gay porn."

**The blackboard jungle ...**

By far the best thing this school has ever done was to have a chalkboard installed next to the toilet in the men's restroom on the first floor of Nelson Hall East.

I can't tell you the number of times I've sat on that toilet to unburden myself of excess cargo and had a good chuckle over what was written on the board. It's amazing how the true nature of some people comes out in the bathroom. I've seen jokes, insults, drawings and endless profanity adorn that board at one time or another.

Perhaps my favorite chalkboard renderings, however, have been the exact reproductions of the Zodiac killer's letters that show up from time to time. We have a nice, well-balanced student body here at HSU.

*Garland is editor in chief of The Lumberjack. You can e-mail him at jrg1@axe.humboldt.edu.*

**Mosh pits, Turkey, rips**

While there are several very effective forms of alternative healing out there, I'd like to suggest a few of my own.

I find storming through mosh pits like a rabid dog to be quite therapeutic with regards to my mental and physical well being.

Just like playing tackle football or wrestling, mosh pits offer a great release for built-up anger and frustrations. It's also a cool adrenaline rush and you get a great cardiovascular workout. For a mere couple

of bruises and/or abrasions, the benefits of pits far outweigh their disadvantages.

Many brands of fine whiskey, especially the one with our favorite Thanksgiving victim on the label because of its high alcohol content, work great on colds. You get a warm, fuzzy feeling all over that relieves your sinuses or at least creates the illusion of an overwhelming sense of illness relief.

Bong rips are possibly the ultimate in "aromatherapy." After be-

ing stressed out by midterms, papers and other mediums of scholastic torture, a few rips takes you away to the land of charmed stupidity where all elements of academia vanish temporarily. The extensive relief of muscle tension, which rivals that gained from a professional massage, is another incentive towards practicing this form of "herbal therapy."

*Sciaccia is a journalism senior on The Lumberjack staff.*

**Staff Column**  
Peter Sciaccia

**Spitting in the fans' faces**

**Staff Column**  
Rick Latham

Once upon a time baseball used to be fun, exciting and a pleasure to watch. The ballpark was a place where one could take the family and spend quality time together for a relatively low cost. The players were role models, figures of inspiration to children who could look up to and admire them.

I know baseball has never been a polite sport, but let's be serious. The sport has experienced its share of tainted incidents over the years, but what occurred a few weeks back has got to take the cake.

The incident to which I am referring involves Roberto Alomar, a perennial All-Star and consid-

ered by some to be a future Hall of Famer. On September 27, Alomar argued a called third strike and spit directly into the face of American League umpire John Hirschbeck.

Saturday, Oct. 5, Alomar hit the game winning home run to lead his team into the American League Championship, one step away from the World Series. Alomar, who is being allowed to play during the post season, will only miss the first five games of the 1997 season for his oral discharge.

So, in what used to be a kid's game is now full of greedy, money-hungry, free-agent, overpaid, un-

derachieving players. The Alomar spitting incident is what baseball did not need. Not only are youngsters already learning to charge the mound after every inside pitch, or perfecting their home run trot at the age of seven, but now Major League Baseball is sending the message that it is quite all right to protest a call by spitting in an umpire's face.

I don't know what will be bigger next season, Alomar's strike zone or baseball's lack of integrity.

*Latham is a journalism senior and on The Lumberjack staff.*

**Seventy-two hours**

**Staff Column**  
Les Kamm

While doing my laundry last Friday, a jogger ran by with a puppy tagging behind. I smiled, and the man said, "It's not my dog."

Five minutes later, I saw him trying to shoo the puppy away. The puppy, however, wouldn't leave. Wagging its tail, pawing at the man's gestures, the puppy stubbornly followed him around the corner and out of sight.

I loaded my clothes in my car and drove to the street. I was going to turn right when I decided to turn left and see what happened to the dog.

I found it sitting outside the glass door of a motel reservation office, staring inside at the jogger who was now drinking a cup of coffee.

Suddenly, I found myself stopping, getting out and picking up the puppy, signaling to the man I'd take care of it and driving off. It was a male and had a raw, spongy odor. I grimaced as he started climbing on my clothes.

I can't have pets, but I started making a few calls. No luck.

I fed him, and then, as I sat in my chair wondering what to do, he laid down with his head on my foot and went to sleep; every now and then whimpering softly as if seeing, in a dream, something he

longed to have.

I took him to the market and stood outside with a sign that read: "I need a home." There were no takers, but later I was thinking that some people might have thought the sign was referring to me and not the dog.

As I drove down the freeway to the Eureka Humane Society, I was angry and disappointed that anyone would abandon a puppy. What were they thinking about? But I guess it's like a lot of people we meet in life. To them we're just meat, just things that get in the way and waste time.

I sat in the parking lot of the Eureka Humane Society for 20 minutes listening to the echoing cries of the animals inside. I stared at the metal box in which people dropped off animals when the building was closed. The puppy was crying loudly now, as if he knew what was going to happen.

I took the puppy inside. The women behind the counter were loving and kind as they fussed over him and assigned him a cage number. I wanted to know how long he had.

"He has 72 hours, and then we'll re-evaluate him," she said.

I wanted to know what that meant.

"If we think he'll be adopted, we'll keep him, otherwise ..."

Her sober look finished the sentence better than any words. I turned to leave and she called me back to sign a paper she said was only a formality.

Formality. The word hovered in my mind as I drove home. The world is full of formalities, and it's too bad that sometimes we can't tell the difference between what really matters and what doesn't.

Friends have assured me that puppies get adopted fast and that, in any case, they won't kill him.

I called Monday (Sept. 7) at four o'clock in the afternoon and he was still there. His 72 hours run out at midnight. His control number is D-014365, cage number D-02. I hope somebody will call up and save him.

I have only one thing to say to the person(s) who abandoned him. If there's any one thing I've learned in my years on this planet, it's this: What goes around, comes around.

Someday, your time will come, and I hope you remember why.

*Kamm is the opinion editor of The Lumberjack.*



## Correcting the beliefs of those who protested the demise of La Palapa

OK, to all you scary, naturey, utopian idealists who nest in Arcata and feel the need to strut around in front of the former La Palapa with your poor excuses for picket signs, we have a reality check for you! Listen up! First of all, one of the reasons you were protesting the building of Taco Bell in Arcata is because of Pepsico's involvement in Burma. For those of you who are not aware, Pepsico owns the Taco Bell trademark. Well, for your information, your protesting was in vain because a recent press release that we requested from Pepsico stated that all involvement in Burma had been previously terminated. Therefore, your protest on Sept. 30 was just like La Palapa—out of business.

We were also wondering if you were aware how many companies all over the U.S. have workers in foreign countries. Bet you're thinking to yourself, "Nothing I wear, eat, use or drive was made with child labor." Think again. For example, Teva sandals (preferably worn without socks, as all sandals are meant to be worn) were seen in abundance at the protest. Now we're wondering where you think these glorious, velcro, river rafting, creations were produced. We can tell you one thing—it wasn't some middle class, blue collar, all-American, environmentally-sound, toxin-free factory in Clintonville.

tory in Clintonville.

Let's talk about Tevas that are made by Deckers Outdoor Corporation in such scenic locations as Mexico, Costa Rica and, of course, China (with still most favored nation status). That's right, furry folks, we spent much time on the phone with Deckers which informed us that Teva sandals were produced in these foreign nations as well as some post-production in Santa Barbara. The questions it didn't have answers for were those regarding wages, age of workers, working conditions, benefits and hours. In the infamous words of Ms. Alanis Morissette, "... isn't it ironic, dontcha think." It's like protesting the building of Taco Bell while stomping around in sandals made by overworked and underpaid Chinese children. Isn't it ironic?

Now to address your other concern of the commercialization of the downtown Arcata area, let's take a one block skip and a jump from the now decadent La Palapa complex to the thriving establishment of Subway Sandwiches. Here is something for you to baste your protesting juices in! Subway Sandwiches and Salads is the largest fast food chain in the world, second only to those fabulous golden arches. Now, you better have a seat because you may be a little shocked to learn that Subway sells Pepsi

products too! Holy moley, there goes your whole protesting platform. Why don't you all strip naked and hitch a ride down to Headwaters Forest and find something worth protesting about.

So listen, we're not slamming your protesting efforts just because we don't like you or think we are better; in fact, we have our own global concerns as well. You see, by building a walk-through Taco Bell in Arcata you won't be driving your gas-guzzling, unsmogged, rusting, bumper-sticker-covered, rasta-mobile to Taco Bell in McKinleyville every time you spark up a nice, fat bowl of Humboldt's kindest! By you stumbling down to the soon-to-be Arcata Taco Bell (We're sure they will have lockers in which to store your bongo drums and guitars while you eat), you'll be saving your lungs and ours from all the exhaust that would have been spewed out of your rusty tailpipe.

On another note, just think you might be able to get a job there and you can finally stop leeching off your rich parents.

James Smiley  
psychology senior  
Sarah Collins  
journalism senior

### Guest Column

## Spanish eyes II

When I try to compare both societies, the American and the Spanish, the very first thing that comes to my mind is the different vision that we have of life. In Spain we have a saying that says, "We work for living, and forget about living for work." It is a joke, but it has a lot of truth.

My experience here is that people in America live for working. Spanish people are not lazy, just a little more easy-living. I always leave everything for the last moment, that is the reason why I am always in a hurry. I'm always running from one place to another because I like to work under pressure. I have the day before a test, said to myself, "Don't worry, you still have time to study tonight..." Next day, nervous and with no idea of what's on the test, you can see me trying to write more than just my name.

It is hard, but with a little bit of practice, I have become an expert at fighting against the elements.

People ask me what we do for fun in Spain. Well, if you have ever been there, you know how it is. Usually, Spanish young people go out much more than Americans. Thursdays, Fridays, Saturdays and Sundays are our favorites, but also the rest of the days are all right to have some fun with friends — discos, pubs, bars, movies, concerts and sports, are all good excuses to go out.

Typically, this is the plan: if you are a teenager and have to be back home before 10 p.m., a good time to meet friends is 4 p.m. Because you are young and don't have much money, the best places to go are bars — they are usually cheapest.

The drinking age in Spain is 16, but you have to be 18 or older to go into certain clubs. If you are older than 18, the plan usually is to meet friends around 8 p.m. We'll watch a soccer game on television (on weekends only and if you like soccer, of course). After this, it depends. If your team wins, let's party! If they lose, don't go home, but, of course, it is not the same.

The Spanish night is long, and depending on the age and your parents' permissiveness, the time to be back home would be between 3 to 7 a.m. I am 22, and my parents really trust me (I have a good reputation), so I decide the time when I should be back home. My father's advice is always, "If you are not at home by noon tomorrow, then no more money." I am very responsible, and I am always back before noon.

Spanish women are different than American women in general. According to my friend Xavi, also a student at HSU from Barcelona, "American women are more reasonable than Spanish women." The girls in Spain are very emotional and difficult to understand — they can be very charming and irritable at the same time.

### Staff Column

Gustavo Higuera

But I am not the best source for opinions about American women because of a Spanish girl who stole my heart a long time ago. I am single right now because 15 days ago we ended a seven-year relationship. We did it by telephone, which is a new experience for me, and one I hope to never have again.

We study hard in Spain too. Good students study all the time but not me. They have good grades and I have strong emotions. I am not saying I'm a bad student, it's just that I prefer to have fun and then study hard when I have to.

Most of the colleges are public, and students have to pay from \$500 to \$1200 per year. Places as Salamanca, Complutense and Autónoma (Madrid) or Navarra have very good reputations and are considered some of Europe's best. We also have private universities, but they are very expensive like here in America.

The rate of unemployment in Spain is very high (around 20% of the active population), and having a degree is not a guarantee of finding a job. Many people in Spain think that it is not right to study five to nine years only to find yourself unemployed.

Gustavo Higuera is a journalism junior.

## Tragedy of the Commons

### Guest Column

Joseph Leighton

Most liberals are under the impression that conservatives do not care about the environment. This is hogwash. Conservatives have a vastly different philosophy on how to solve environmental problems. Here are a few differences between conservative (C) and liberal (L) environmentalism:

C — The closer the association between society and nature, the better off both will be. L — The only way to keep nature pure is to keep humans out of it.

C — Ignorance and bureaucracy are major factors in continued environmental degradation. L — Capitalism is responsible for destroying our planet.

C — Acting on well informed, rational thought is the right thing to do. L — We must do what our feelings tell us is right.

C — Natural resource industries (timber, cattle etc.) should be given incentives to become more ecologically sound. L — Natural resource industries need to be abolished.

C — Those who manage and study our natural resources know best how to solve problems. L — Politicians need to tell scientist and land managers how to protect the environment.

C — Environmental laws need to better address the "Tragedy of the Commons." L — Environmental laws need to be more stringent on business.

C — Teaching our children morality and personal responsibility are prerequisite to stopping ecological degradation. L — Federal laws and regulations are needed to keep us from destroying the earth.

C — Infringing on private property rights should be avoided and those who lose should be compensated. L — People should be required to set aside critical habitat without compensation.

C — Cooperating with land owners is more productive than punishing or threatening them. L — Large land owners are greedy and need to be forced to protect the environment.

C — Economics is a necessary sociological tool in solving environmental problems. L — Economics is the reason for our environmental problems.

C — If we plan for our long-term best interest, then the majority of human activities will not conflict with nature. L — We need to get rid of big business in order to become more compatible with nature.

Joseph Leighton  
natural resources planning and interpretation senior



## OPPORTUNITIES

**RECEPTIONIST/SECRETARIAL POSITION**—\$5.25-6.75/hour beginning Spring '97 (approximately 20 hours/week). \$4.75/hour during Fall '96 training period (4-6 hours/week). Serves as receptionist for Associated Students offices and takes minutes for Associated Students Council meetings. Submit cover letter and resume to A.S. Business Office by Friday, October 11. For more information call Valerie Andres, A.S. Office Coordinator, 826-3771.

**WOMEN**—5'3" to 5'7" and 135 pounds or less sought as dance partners for ballroom dance class; \$20 per hour compensation; Friday nights, Oct.-Dec.; no experience necessary. 444-0458. 10/23

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**INTERNATIONAL ENVIRONMENTAL/HEALTH** company needs a positive, motivated individual to help with local expansion. Must be interested in working with people in a positive environment. We are very interested in applicants with leadership abilities. We offer flexibility and excellent training. Call 442-6582 to schedule an appointment.

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**FAST FUNDRAISER**—Raise \$500 in 5 days—Greeks, groups, clubs, motivated individuals. Fast, easy—No financial obligation. (800) 862-1982 ext. 33.

**BEFORE RESPONDING** to advertisements requesting money be sent or giving a credit card number over the phone, you may want to contact the local Better Business Bureau to verify the authenticity of the company. The Lumberjack will not be responsible for the validity of any offerings advertised.

## PERSONALS

**VOTE ROB WADE FOR JUDGE NOVEMBER 5.**

**WORMWOOD:** Encourage self pity. Watch out for the Church of the Holy Family, Sundays at 11am, 1757 J Street, Arcata. Your loving Uncle SCREWTAP.

## FOR RENT

**1 BEDROOM, 1 BATH APT.** Close to campus and public transportation, with onsite laundry. Only \$375/mo and \$750 deposit. 822-4589, ask for Neil or leave message.

## THRILLS

**HUM-BOATS** bay adventures, sail, row and paddle. Sales, rentals and lessons. Full moon, high tide events. Keel boats, sea kayaks, canoes. Group events made to order. 444-3048.

## PETS

**HAND FED COCKATIELS, ALL COLORS.** Sweet, tame: \$35 and up. Come visit Fieldbrook Bird Farms and pick the bird of your choice. Marsha, 839-4807. 10/9

**FOR PETS SAKE,** They can't read or write, but they sure can multiply. Be a responsible pet owner. We are here to help you with the cost of altering your pet. Call us for details: For Pets Sake Thriftstore, 415 5th St. Eureka, CA 95501, 444-3585.

## SERVICES

**ENJOY A MASSAGE IN ARCATA.** Massage transmits healing energy by caring human contact. Massage helps increase the oxygen capacity of blood. Foot-Reflexology, 2nd degree Reiki. Reidun Olsson CMP 822-7247.

## ANNOUNCEMENTS

**4-H LEAP FUNDRAISER.** Saturday, 10/12/96, 9am-1pm, 7th and F Streets, Arcata. Clothes, books, gear, toys, furniture and tons more. Call Tamara at 668-4186 for more info.

**TAKE A JOURNEY** to the ancient Christian Faith—Orthodoxy. St. Innocent Orthodox Church inquirer's class meets every Wednesday at 7pm. Transportation available. Call 443-2099. 11/8

## FOR SALE

**MACS, MACS, MACS.** Macintosh consulting, repair affordable used systems. Macs for the Masses! Jim Elferdink: 677-1946. 12/1

**LAPTOP: COMPAQ 386** with carrying case and floppy disk drive. Excellent condition \$1,000. 822-6190.

**MATTRESS AND BOXSPRING WITH SOLD** 10 years old. \$60. Will give twin sheets to buyer! All 826-1689.

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**NEED AUTO INSURANCE?** We can help! Even if you have a bad driving record. Payment plans. Fast service. Call Chuck or Mike at 445-4188.

**CAMPUS CUTS** needs new co-owner/stylist to provide hair care to HSU faculty, students, staff and administration. For information, please call 288-0524. 11/13

**WEDDING DRESS,** white with detachable train, size 10-12, includes veil. Lace covered and beading, long sleeves, sheath style. \$400 for all, 445-1816. 10/16

## FREE

**TO GOOD HOME.** Affectionate newspaper needs lots of attention. Pick one up at a news stand near you. The Lumberjack.

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## Music

• **National Coming Out Day** benefit tonight at 8 at Club West. Money goes to the Gay and Lesbian Community Center. There will be live music, special surprises and a raffle. Tickets are \$5 in advance and \$7 at the door.

• Punk-Irish folk singer, Casey Neill, and percussionist Dave White, will be at the Natural Resources Building 101 Friday at 7:30 p.m. \$5 donation. 826-7775.

• The HSU Faculty Artists Series presents, "Wind Serenades," with Kenneth Ayoob Saturday at 7:45 p.m. in the Fulkerson Recital Hall.

• Cafe Mokka hosts Good Company, Friday at 8:30 p.m. 822-2228.

• Sunnyside Pub and Eatery hosts Delphinium Blue, Saturday. 822-5493.

• Deep Forest Pizza has Karaoke, Monday and Wednesday and an Acoustic open mike on Tuesday. 668-5933.

• Hefe's hosts Dub Nation Friday. 443-4333.

• Cesaria Evora will perform Monday at 8 p.m. in the Kate Buchanan Room. Tickets are \$17 general, \$13 for students and seniors. 826-3928.

• There will be a Food Not Bombs benefit concert/dance with duo Francine and Nymiah and world beat band, Heartbeat, Oct. 17 at 7 p.m. in the Kate Buchanan Room. \$5 at the door. 822-5401.

• The Eureka Woman's Club Concert Series begins its season with the Arlekin String Quartet, a Russian-trained ensemble, Oct. 18 at the Eureka Woman's Club, 16th and J Street. Members \$15 and non-members \$18. 445-9650.

• The HSU Symphonic Band will host the North Coast Honor Wind Ensemble in a joint concert Oct. 19 at 7:30 p.m. in Fulkerson Recital Hall. Tickets are \$5 general and \$2 for students and seniors. 826-5436.

drama as she shares her upbringing in Harlem in the sixties. 826-3928.

• "Salmon Return," a play by Hudson Plumb, will be at the World Premiere Theatre, Friday and Saturday. 443-3724.

• "Inherit the Wind," a play based on the 1920s Scopes trial, will be at the North Coast Repertory Theatre, through Oct. 19. 442-NCRT.

• Ferndale Repertory Theatre presents "Communicating Doors" Thursday-Saturday at 8:15 p.m. through Oct. 19, with matinees at 2:15 p.m. Sunday and Oct. 19. 725-2378.

• Writer/performer Peter Buckley will premiere his new show, "Bosom of Abraham," Oct. 19 at 8 p.m. in the Kate Buchanan Room. He's known for the humor and humanity in his stories that feature humans in strange, everyday situations. Tickets are \$10 general and \$5 for students and seniors. 826-3928.

• "Blood Root," a play written by Michael Pearce and directed by John Heckel, will be at the Van Duzer Theatre at 8 p.m. Oct. 17 and 24. Tickets are \$6. 826-3566.

## G.L.B.S.A. EVENTS

WHAT: Open house  
WHEN: Thursday, Oct. 10,  
7-8 p.m.

WHERE: (Humboldt State campus)  
ALSO: Informational table  
WHEN: 10 a.m. - 3 p.m.

WHERE: National Coming Out Day  
WHAT: Friday Oct. 11  
WHEN: Wear jeans if you're gay  
ALSO:

## On Stage

• Umo Ensemble presents "buffoon theatre" with musical sculptor Ela Lamblin at the Mateel Community Center in Redway tonight at 7. Mature content. Tickets are \$7. 923-3368.

• Comedian Marga Gomez in "Memory Tricks" will be in the Kate Buchanan Room Friday at 8 p.m. Gomez mixes comedy and

## Grab Bag

• The Sociology Club presents "Roger and Me" Thursday at 7:30 p.m. in Founders Hall 118.

• No on Proposition 209 rally

Thursday on the Quad at 6 p.m. Dolores Huerta, co-founder and vice president of the United Farm Workers Union, will be the guest speaker along with other community leaders. Music duo, Francine and Nymiah, will also be there.

• To help raise money for Humboldt's International Film Festival, the movie, "Pee Wee's Big Adventure," will be shown in Founders Hall 118 Saturday at 8 p.m. \$2 donation. 826-4113.

• The Humboldt Arts Council hosts an exhibit, "McVicker and Friends, 14 Representational Humboldt Painters," Through Oct. 31, on E Street in Old Town Eureka. 442-0278.

• HSU will host the California State Student Association statewide conference Friday, Saturday and Sunday.

• The Farewell to Arms Race, a benefit for Citizens for Social Responsibility, will begin at 10 a.m. Oct. 19 at St. Mary's School, in the Arcata bottoms. Two, five and ten kilometer runs. 822-7005.

## Workshops

• Relationships workshop, "Endings and Beginnings (and everything in between)," for single or married men and women starting today from 3-4:30 p.m. A pre-interview appointment is needed. 826-3236.

• The Career Center has an "Interview Techniques" workshop today at 4 p.m. in Nelson Hall West 232. 826-3341.

• There will be a Stress and Relaxation workshop at the Counseling and Psychological Services Group 223 Thursday from 5-6 p.m. with Rosemary O'Neill and Oct. 16 from noon-1 p.m. with Marcy Pomeroy. 826-3236.

• Lost in cyberspace? Internet drop-ins every Thursday noon-1 p.m. in the Siemens Hall 118 Computer Lab and electronic tutorials every Monday 8:30-9 a.m. with Martha Johansen; meet at the Library Information desk or every Thursday 4-5 p.m. with Sharon Chadwick in Library 207.

• The Career Center will have a workshop about International Summer Jobs Internships Oct. 16 at 6:30 p.m. in Founders Hall 163. 826-3341.

• There will be a Leadership Conference in the University Center Oct. 19 from 8:30 a.m.-4 p.m. \$8. Sign up deadline is Monday in the Clubs office.

## Town Hall Meetings

• Humboldt County Board of Supervisors meeting Tuesday at 9 a.m. at 825 Fifth St. Eureka. 445-7509.

• Eureka City Council meeting Tuesday at 7:30 p.m. at 531 K St. The meeting for that night is cancelled until Oct. 22.

• Arcata City Council meeting Oct. 16 at 7:30 p.m. in the Council Chambers at City Hall.

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do what you always  
do about this time

OR, you could start  
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goes on around you

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